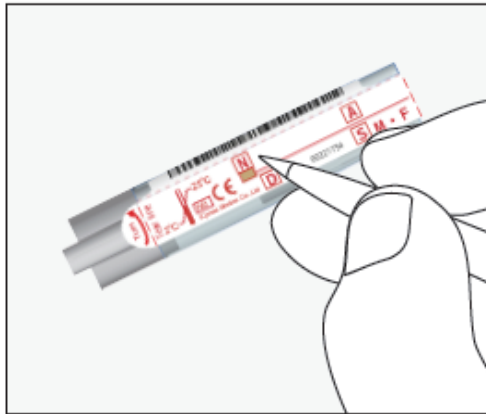


Instructions for the FIT poo test kit

Your Doctor or Nurse has requested you complete a FIT poo test kit. This test looks for tiny amounts of blood in the poo. This test will help your doctor decide if further tests are needed

1



Write the date of the poo on the test kit

Make sure your NAME and DATE of birth are on the kit.

If this information is missing the kit will not be tested.

2

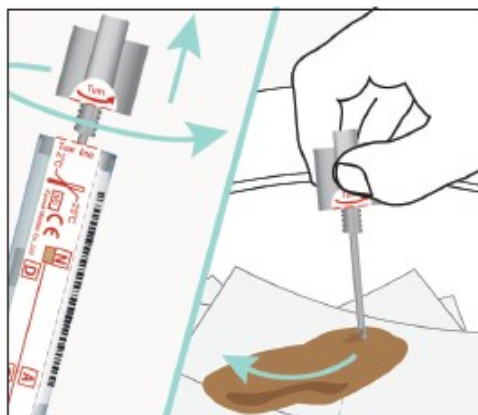


Different ways you could collect your poo:

1. Use several layers of folded toilet paper
2. Catch the poo in a clean, disposable container or paper plate
3. Catch it on your hand covered in a small plastic bag/glove

It is very important that the poo does not go into the toilet water before the test.

3



Unscrew the top of the sample tube in the direction of the arrow.

Scrape the end of the stick along the **poo**.

INSTRUCTIONS CONTINUED OVERLEAF.....

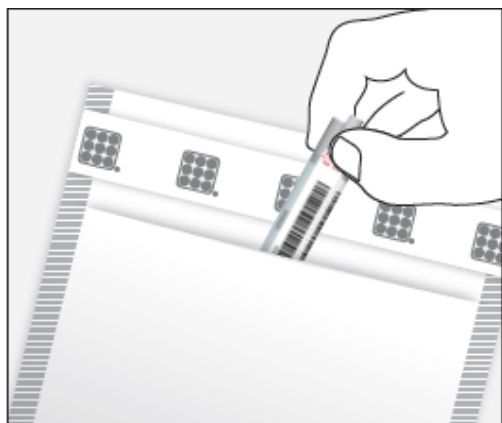
4



Ensure the end of the stick is covered in poo but not too much.

Replace the stick into the tube and twist clockwise to close securely.

5



Place the tube back in the bag provided along with any test request forms.

Store the sample in a cool, dry place and away from direct sunlight.

Return the completed test to your GP surgery as soon as possible—on the same day you do the test if possible.

A demonstration video is available

To watch the video visit:
www.youtube.com/watch?v=NOhjxfk4tw
or scan the QR code below.

