

FIT aid for patients with symptoms who have been given a FIT by their GP.

Audio Transcript

These instructions will talk you through completing your FIT test and using the FIT aid, a device that has been created to help when handling and closing the sample bottle.

Your FIT test is done at home and will involve collecting a small amount of poo into a special bottle that will be sent to a laboratory for testing.

FIT looks for tiny amounts of blood in your poo sample. A positive result might mean that you will be asked to do more tests.

Some people can find it difficult to complete their FIT test and the FIT aid is designed to make it easier.

Please listen to these instructions carefully before doing your test.

The FIT test uses a special sample collection bottle.

This bottle is made of plastic and is about the length of your finger, with flat sides and curved edges, similar to a highlighter pen. It has a green lid on one end and a label wrapped around the middle. The lid is a little bit wider than the base of the bottle and can be found by feeling for a ridge in the plastic.

Inside the bottle is a liquid that preserves any blood present in your poo sample. The liquid shouldn't spill and please do not try to squeeze it out. If you do get any of the liquid on your hands make sure you wash them straight away.

The FIT aid is a thin, flat, plastic tray about the size of an A5 envelope. It has a shallow channel in the middle and an oval hole to the side. There are two large labels above and below the channel. An orientation marker indicates the top left corner of the tray and in the top right corner there is a printed QR code. When scanned, this will direct you to online instructions.

The channel in the tray is used to slide the lid into the bottle once the test is done, it is designed in a way that means the bottle and lid will lie flat and are perfectly aligned.

The oval hole acts as a stand and will provide you with a steady base for holding and closing the bottle. It will only fit into the hole the right way up, with the lid to the top.

Take time to familiarise yourself with the bottle and the FIT aid tray before collecting your poo sample.

When you are ready to do your poo and complete your FIT test, write the date on the FIT bottle label with a ballpoint or permanent pen. It is important the date is added, so if this isn't easy to do please ask for help.

You will also need to have the following items ready nearby: the FIT aid and a clean, empty container (such as an ice cream tub or takeaway container). You might choose to wear disposable gloves.

It is important that your sample doesn't touch the toilet water, so you will use the clean, empty container to catch your poo.

Put the container into the toilet bowl or hold in your hand...and do your poo.

Once finished, take your container out of the toilet and put it down on a flat surface near to your FIT aid.

Now you have done your poo, you are ready to collect a small sample for the FIT test using the sample bottle in your kit.

First you will need to open your bottle. Holding it securely, find the lid by feeling for the ridge, grip it with your finger and thumb and twist around until it feels loose before pulling upwards.

Use the hole in the FIT aid to stand your bottle in if it makes opening easier.

Attached to the inside of the lid is a long, thin, sampling stick with grooves on the end. You will collect a small sample of poo into these grooves.

Whilst you are doing this, you can rest the open bottle in the FIT aid, making sure it is within easy reach.

Either stand it upright in the oval hole... or lie the bottle flat into the channel. Don't worry, the liquid inside the bottle won't spill when you lie it down flat.

At your container, feel for your poo with the end of the sampling stick. Scrape the stick back and forth along the surface to collect a small sample of poo into the grooves.

Only a very small amount is needed for the FIT test so scraping back and forward two or three times will be enough.

Now you have your small poo sample, you can use the FIT aid to get the stick back into the bottle.

You can use the oval hole or the channel, whichever is easiest for you.

With your bottle standing upright in the oval hole, carefully insert the sampling stick down through its narrow neck. To close, line the lid up with the flat edge of the bottle and push down firmly until you hear a click.

Alternatively, you can use the channel to slide the stick into the bottle to close it.

Lie the bottle flat in the channel, make sure the neck is facing in and the bottle is pushed back against the edge, as far as it will go.

At the other end of the channel, lie the sample stick down flat facing inwards, pointing towards the bottle.

Once in place, use your fingertips to slowly slide them towards each other, the stick will slide seamlessly into the bottle.

Push them together firmly until you hear a click.

Your FIT bottle is closed properly when it feels smooth with no gaps.

You have now completed your FIT test.

Tip your poo out of the container into the toilet and flush away.

Put your used container, the FIT aid tray and gloves (if you used them) into the bin.

Remember to wash your hands.

Before it is sent off for testing, check the sample date is written on the FIT bottle label.

Put the FIT bottle into the plastic bag provided in your FIT pack. Please return your sample to your GP practice as soon as possible.

Thank you for doing your FIT test.