

How to Use Your FIT Kit

In your invitation pack you should find:

i) A tube for collecting a small amount of your stool



ii) A plastic zip-lock bag with a sticker to write the date on



iii) A sample return freepost envelope



When you're ready to do the test:

1. Write the date of your sample collection on the label on the zip-lock bag.
2. Collect your stool on a few layers of toilet paper OR in any clean disposable container OR on a plastic bag covering your hand. The stool from which you collect your sample **should not** have been in contact with the toilet bowl water as this may invalidate the results.
3. Take the sample collection tube, twist open the green cap and pull out the stick.
4. Collect a sample by very lightly scraping the grooved end of the stick on your bowel motion. Do not press too hard, only a small amount of stool is required.
5. Insert the stick back into the tube and click the green cap closed.
6. Insert the collection tube into the zip-lock bag, and zip it shut.
7. Put the bag into the return foil envelope (freepost).
8. Post the envelope as soon as possible because the sample deteriorates with time and we may not be able to get a result from it.
9. There is no repeat testing needed if the sample is received quickly.

NOTE: With your first FIT sample, please complete the consent form and send it back to us in the pre-paid envelope. We will not be able to process your kit or inform you about the results if we don't receive a valid consent form.