

What is a FIT Kit?

The FIT Kit is the new NHS home-testing kit.

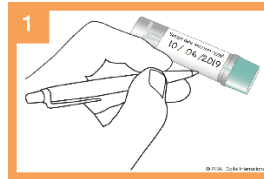


How do I use FIT?

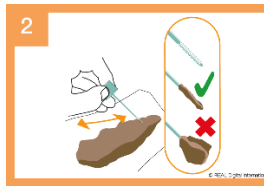
The FIT Kit tests for invisible-to-see blood in your poo, which is one of the symptoms of bowel cancer.

It is **simple to use** & can be done at home **requiring only one poo sample**.

If blood is detected, you will be invited for a full investigation to check for any growths in the bowel. **These growths can then be removed before they become cancerous.**



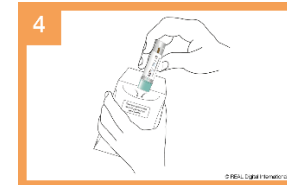
Writing the date on the bottle:
Use a container or layers of toilet paper to catch your poo.
Do not let your poo touch the toilet water.
Write the date on the sample bottle in biro pen.



Collecting the sample:
Twist the cap to open the sample bottle.
Collect a sample by scraping the stick along the poo until all grooves are covered.
We only need a little poo to test. **Please do not add extra.**



Clicking the sample bottle shut:
Put the stick back in the bottle and 'click' the cap to close it.
Do not reopen the bottle after use.
Please wash your hands after use.



Preparing to post the completed kit:
Make sure you have written the date on the sample bottle.
Put the sample bottle in the return envelope.
Peel off the tape, close the envelope and post.
Please post your completed kit as soon as possible.

Who is FIT for?

Everyone **aged 52 to 74 in England** that is registered with a GP is invited to take part in the bowel cancer screening programme.

Growths in the bowel are **a lot more likely to occur at this age**, so it is important that you take part in screening **even if you are not showing any symptoms.**

How can I get a FIT?

If you are **aged between 52 and 74 years old** and **registered with a GP**, you will

automatically be sent one to complete every two years. **By 2025** everyone aged **50 to 74** will be automatically invited to take part.

If you have lost your kit or if you are older than 74, you can order a new kit by calling **0800 707 6060**.

Benefits of the FIT Kit

- Clean** – it comes with a handy applicator, so it's easy to use
- Quick** – Only a single sample is needed
- Early detection** – can detect early signs of bowel cancer
- Prevention** – screening can prevent bowel cancer before it starts

Beating Bowel Cancer

Bowel cancer is the **fourth most common cancer in the UK**, and the **second highest cause of cancer deaths**. However, it can be caught early with the FIT Kit.

Screening can also help prevent cancer before it starts.

Bowel Cancer Screening Programme

To get a **FIT Kit**, or for more information, please call for free on **0800 707 6060**.

Visit our website for:

- General information on Bowel Cancer and Bowel Screening
- Online resources
- FIT Kit information

www.imperial.nhs.uk/our-services/cancer-services/bowel-cancer/bowel-cancer-screening

“Scan the QR code”

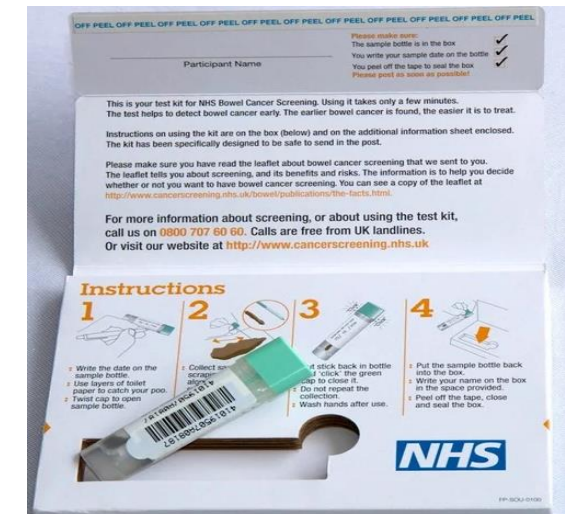


Bowel cancer services
Published: May 2024
Review date: May 2027
Reference no: 941

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FIT Kit

Faecal Immunochemical Test
The national Bowel Cancer Screening Test Kit



Detecting the very early signs and preventing Bowel Cancer.