5. PACKAGE YOUR COLLECTION DEVICE



Place your completed collection device inside the biochemistry request form envelope and seal it.

6. SEND YOUR SAMPLE

Within three days, take the completed collection device in its sealed biochemistry request form envelope, to your GP practice. You can take this completed sample yourself or ask someone to take it for you.

For further information please watch the demonstration video on-line at:

www.faecal-immunochemical-test.co.uk/how-to

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Northern Health and Social Care Trust

Our Vision

To deliver excellent integrated services in partnership with our community

Faecal Immunochemical Test (FIT)

How to Complete Your Test

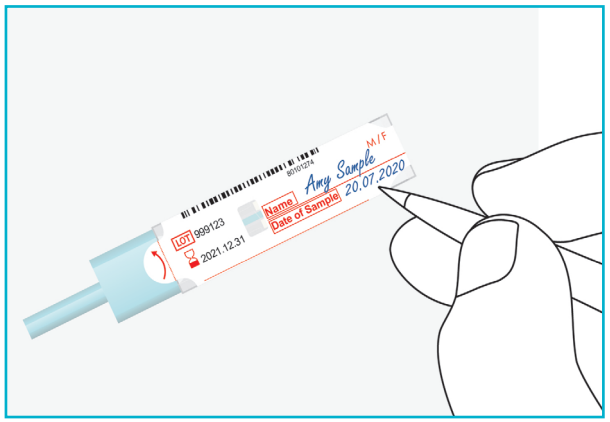


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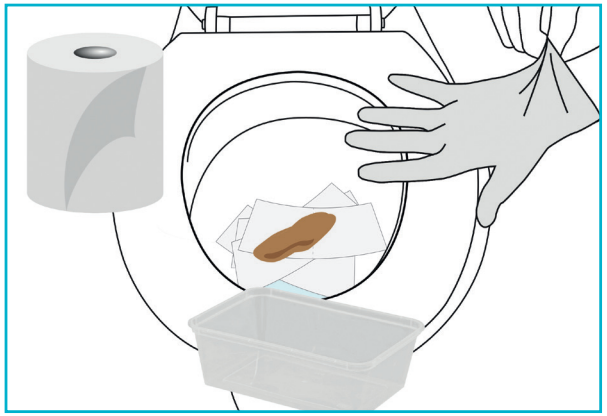
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Before you begin, contact your GP Practice to check when it is open to receive your sample and then read these instructions. To help you to understand what to do we have provided a link to a helpful video at the end of this leaflet.

1. WRITE THE DATE OF SAMPLING ON THE TEST KIT AND REQUEST FORM



2. COLLECT YOUR POO



There are different ways to collect your poo, try:

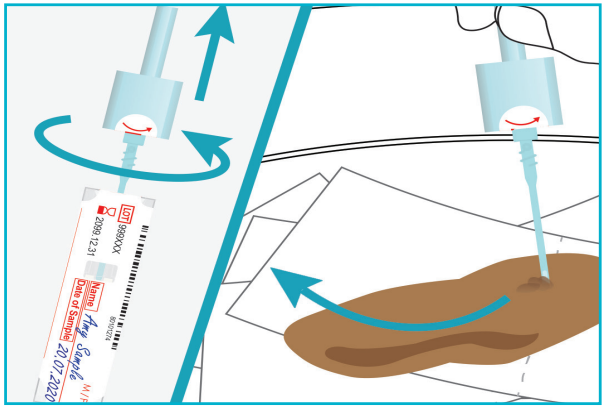
A. Let it come down onto several layers of folded toilet paper

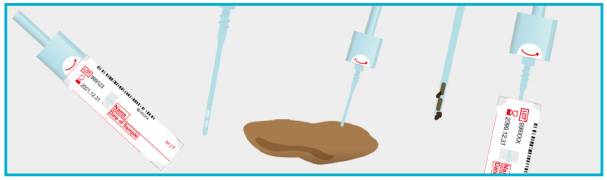
B. Onto your hand inside a small plastic bag/glove

C. Let it into a clean disposable container

It is essential that your poo **does not come in contact with the toilet water** as this may spoil the result. If this happens, **DO NOT CONTINUE**. Try again later the next time you go to the toilet. Store your device in a cool, dry place until you have another poo. If necessary change the 'Date of Sample' on the collection device to the new date. Move on to Stage 3.

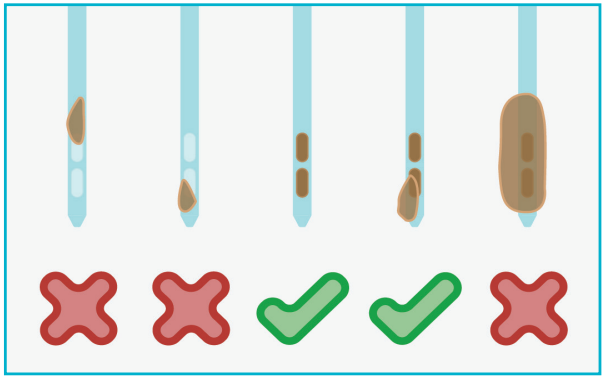
3. SAMPLE YOUR POO





- Unscrew the top of the FIT collection device anti-clockwise and carefully remove the sampling stick. Drag the end of the sampling stick across the poo to fill the two dimples.
- You can repeat this step if more poo is required to fill the dimples. Replace the stick in the device. Do not re-use the sampling stick once it has been put back into the collection device
- If you have too much poo on the sampling stick, remove the extra poo with the toilet paper **before** returning the stick to the collection tube.

4. ENSURE CORRECT SAMPLING



Make sure that the end of the sampling stick is covered in sample but **do not coat the rest of the stick**. Replace the stick in the tube and twist clockwise to close it securely.

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