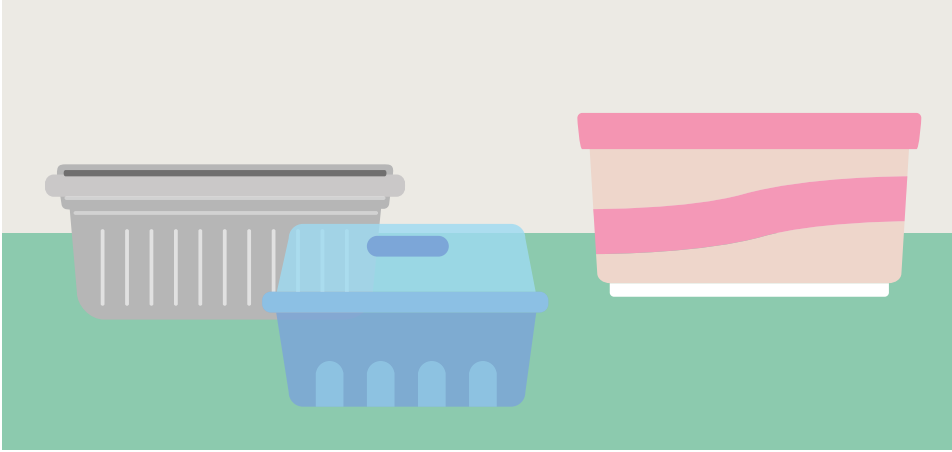


Ways to collect your poo

Here are some ideas to make collecting your poo a bit easier. You only need to use one of these methods to collect your sample. Why not practise and work out which option is best for you? Remember – don't let your poo touch the toilet or water.



A clean, empty fruit carton, takeaway container, or ice cream tub.



Cling film over the toilet (leave a dip).



Folded toilet paper in your hand.



A glove or plastic bag over your hand.



Layers of folded toilet paper in the toilet bowl. Make sure your poo doesn't touch the water or toilet.



Once you've collected your poo sample on the stick, **please post it back as soon as possible.**

January 2025. Reviewed annually.

Cancer Research UK is a registered charity in England and Wales (1089464), Scotland (SC041666), the Isle of Man (1103) and Jersey (247).



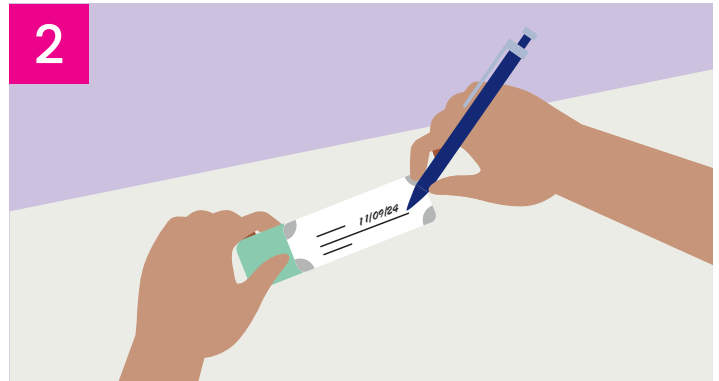
Together we are
beating cancer

How to complete your FIT (faecal immunochemical test)

You've been given this test kit to help work out the cause of your symptoms. FIT is a test that looks for tiny traces of blood in your poo. Your FIT kit may look different to the pictures shown here depending on where you live.



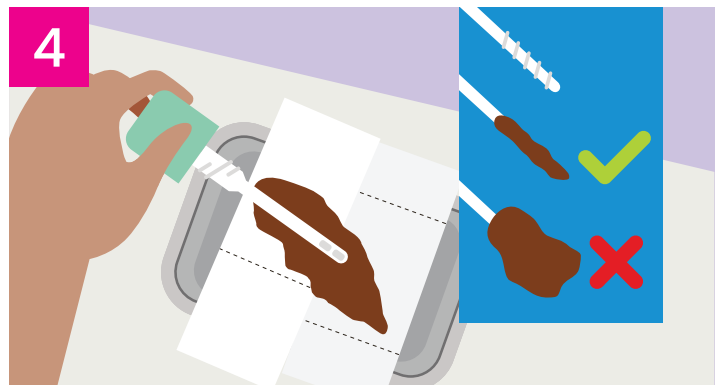
1 Get ready – make sure you have everything you need to collect your poo.



2 Check your details are correct, or write your name, date of birth and sample collection date on the label with black or blue pen.



3 Collect your poo. Use one of the ideas on the other side of this leaflet to help you. **Don't let your poo touch the water or toilet.**



4 Twist the cap to open the sample bottle. Scrape the stick along the poo until all the grooves are covered. You only need a little poo to test. **Please don't add extra.**



5 Put the stick back in the bottle and click the cap to close it. Don't reopen the bottle after use. Wash your hands.



6 Return your kit to your GP practice or post it as soon as possible, as instructed by your GP. Contact your practice if you're unsure.



Your GP practice will contact you to discuss the result. Contact your practice within two weeks if you don't hear from them. You may need further tests. But don't worry, this doesn't necessarily mean you have cancer.

If your FIT result is negative but your symptoms continue, change or get worse, get in touch with your doctor.