

How to complete your qFIT (quantitative Faecal Immunochemical Test)

Your doctor has asked you to do a very simple test called qFIT because you are having tummy or bowel problems. You can do this simple test at home. **You will need...**

Something to catch your poo, such as an old, clean container

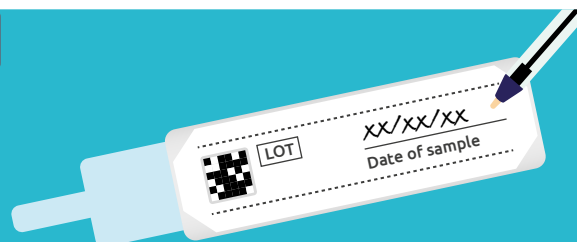
toilet paper.



Very important

- Check the expiry date of your test kit. Request another kit if this has expired
- Write the date you take the sample on the test kit or we may not be able to test it.

1

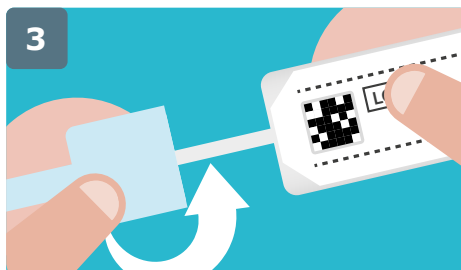


2



Put a container into the toilet to catch the poo. Don't let the poo touch the sides of the toilet or the water.

3



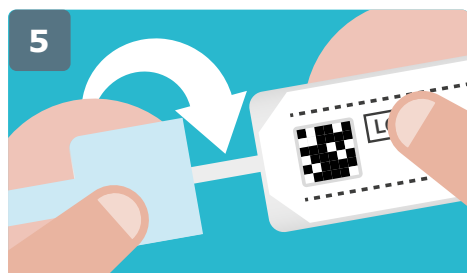
Unscrew the lid of the tube anti-clockwise to remove the stick.

4



Dip the end of the stick into your poo sample. Only fill the two small grooves at the end of the stick (as shown above).

5



Place the stick back in the tube. Close the tube by screwing the lid back on.

6



Remember to wash your hands and check you have written the date on your sample device.

7



Once completed, place the test kit into the laboratory form provided by your GP practice, return your sample to your GP as soon as possible and ideally within three days of taking it

8

Make a note on your calendar of when you returned the test. **Contact your GP practice in 1 week to discuss the result**

- If your result is abnormal, your GP may want to refer you for further tests
- Should your qFIT result come back normal but your symptoms continue, change or get worse, get in touch with your doctor.

For further information please watch the demonstration video How to collect your FIT Sample, on-line at:

<https://vimeo.com/616801446>

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HSC Health and Social Care