

Fecal Immunochemical Test (FIT)

PATIENT COLLECTION INSTRUCTIONS

Test	FIT Collection
All tests	<ul style="list-style-type: none">• Use the provided sterile collection container.• Refrigerate sample if not immediately returned to laboratory. Completed sample and requisition must be dropped off to lab within 2 days.• For the results of your test, please contact the ordering physician or check your HealthElife account.
How to Prepare	<ul style="list-style-type: none">• No dietary restrictions or preparations are required.• If you have symptoms of colon cancer, including blood in your stool, you should not use the test kit. See your physician to discuss your symptoms.• If you are bleeding from hemorrhoids, are currently menstruating or have blood in your urine you should wait to do the test until you have stopped bleeding for 3 days.• Hard or loose stool is acceptable. If the loose stool is related to a virus wait to take the test until you feel better.
Caution	<ul style="list-style-type: none">• These collection instructions are meant to help you collect the right specimen for this test. Failure to follow instructions, improperly labelled or leaking containers may result in sample rejection. Contact the laboratory with any questions or if you require a new container.• Do not spill or ingest any of the liquid buffer found in the container.• Sample will be rejected if:<ol style="list-style-type: none">1. Too much stool is collected. Only the grooved part of the stick should be covered.2. The sample temperature is not maintained.3. The stool touches water or urine in the toilet.4. Leaking or contaminated sample.

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Collecting the Specimen

1. Confirm the collection container is labelled correctly with:
 - Your (the patient) first and last name
 - Another identifier such as date of birth (DOB) or healthcare number (PHN)
2. Unfold the provided tissue paper and place it on top of the water in the toilet bowl,
 - or collect the stool into a clean disposable container (plastic container or paper plate)
 - or place plastic wrap under the toilet seat hanging over the water in the toilet. Line diapers with plastic wrap or disposable liners. Do not collect from toilet paper.

The stool specimen must not touch the toilet water or urine.

3. Open the cap of the container by twisting and lifting.
4. Collect a stool sample by scraping the stick on the stool until only the grooved part of the stick is covered with stool.
5. Insert the stick back into the bottle.
6. Tightly secure the lid. You should hear a click. Do not reopen the bottle.
7. Wash hands thoroughly.
8. Clearly write the collection date and time on the container and place into transport bag and place in refrigerator if it cannot immediately be delivered to the lab.
9. Deliver the container and lab requisition to the laboratory within 2 days after collection and before the expiry date on the vial.

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Collecting the Specimen

Using the FIT

(Fecal Immunochemical Test)


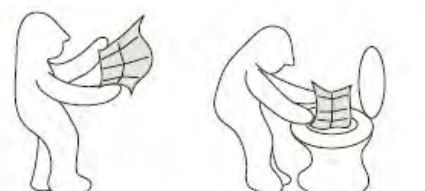





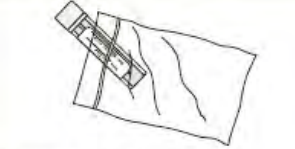
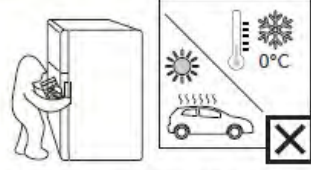
Instructions for collecting

No dietary restrictions or preparations are required

When you are ready:

Return completed sample within 7 days.

Bring your lab requisition form with you when you bring the sample to the lab.

 <p>1. Ensure that your name is on the bottle. 2. Write the date on the bottle.</p>	 <p>3. Unfold the tissue paper & place it on top of the water in the toilet bowl (see other side for alternate methods).</p>	 <p>4. Deposit stool on top of collection (tissue) paper.</p>
 <p>5. Open the cap of the bottle by twisting & lifting.</p>	 <p>6. Collect a stool sample by scraping the stick on the stool until only the grooved part of the stick is covered with stool.</p>	 <p>7. Only a small amount of stool is needed. Ensure that only the grooved part at the end of the stick is covered.</p>
 <p>8. Insert the stick back in the bottle and click the cap closed. Do not reopen the bottle. Flush the toilet and wash your hands.</p>	 <p>9. Insert only the bottle into the zip-lock bag. Do not include any other items in the zip-lock bag. If the bag has an outer pocket, place your lab requisition form here to ensure it stays with the sample.</p>	 <p>10. Store completed sample in refrigerator, but not the freezer, until the sample is returned to the lab (within 7 days). Do not allow sample to freeze or become too hot.</p>

Results may be invalid if:

- Too much stool is collected
- The sample freezes or becomes too hot
- Stool touches water or urine in the toilet
- Sample is returned after 7 days

FIT Instructions courtesy of BC Cancer

Facility information: