

Instructions for doing your FIT test and using the FIT aid

Use your phone camera to scan the QR code and follow the link to the website.

Here you will find instructions in different formats such as a video and audio file.

URL: <https://mastfitaid.co.uk>



Introduction

You have been given a FIT aid and a FIT test by your Doctor.

The FIT aid will make doing your test easier. You can use it to help with holding the FIT bottle in place and for closing the bottle after you have taken your sample.

When you have done your test check you have written the sample date on the FIT bottle. Take your completed FIT test to your GP surgery as soon as possible.

If you need any help, please contact your Doctor or GP surgery

Instructions

1

When you are ready to do your poo and your FIT test you will need:

- Your FIT bottle
- The FIT aid
- A pen
- A clean empty container to catch your poo, for example a takeaway tub.

2



The bottle should be labelled with your details. Add the date to the bottle label.

3

To catch your poo put the clean empty container into the toilet bowl or hold the container in your hand.

- Do your poo into the container.
- Wash your hands.

4



Take your container and put it down somewhere flat nearby, ready to collect a small sample into your FIT bottle.

5



Twist the lid and pull the stick out to open your FIT bottle.

You can leave the open bottle in the FIT aid until you need it.

6



Scrape the stick back and forward along your poo.

Cover the end of the stick, only a little bit is needed for the FIT test.

7



The FIT aid can help you get the stick back into the bottle.

You can use the hole in the side of the FIT aid to stand the bottle in place.

8

You can also use the channel in the FIT aid to close your bottle.

- Lie the stick and bottle down facing each other in the channel.
- Slide them together, the stick will slide into the bottle.

9



10



11



Push the lid and bottle together until you hear a 'Click' and can feel no gaps.

You have now done your FIT test.

12

Tip your poo into the toilet and flush away. Put your used container and the FIT aid into the bin and wash your hands.

Return your completed FIT test as soon as you can.