

KEY THINGS TO KNOW ABOUT FIT

FIT is a type of faecal occult blood test. It's used to detect traces of human blood in stool samples. Traces of blood can be a sign of adverse pathology in the bowel, such as bowel cancer, and require further investigation.

FIT can be used in two ways:

- As the primary test in the **NHS Bowel Cancer Screening Programme (BCSP)**, aimed at individuals **without symptoms (screening)**
- As a test to guide the management of individuals who **present with symptoms (symptomatic)**

SCREENING



1. FIT is automatically offered to people who meet the eligible age criterion*



2. The kit is sent to eligible individuals in the post



3. The completed kit is returned by post to the screening hub



4. The threshold for determining an abnormal result is high



5. GPs are informed of all results (normal/abnormal) and can receive these electronically



6.a) Those with an abnormal result are automatically invited to a colonoscopy



b) Those with a normal result will be eligible for future screening every two years



c) If the screening test is normal yet colorectal symptoms develop, patients should be encouraged to see their GP

SYMPTOMATIC



1. FIT is offered to people who have symptoms



2. The kit is given out by the GP, or sent to the patient by the lab once a GP has requested a kit



3. The completed kit is returned to the GP or directly to the lab



4. The threshold for determining an abnormal result is low



5. GPs will be given a result (normal/abnormal) and this may also include a numeric value



6.a) Those with an abnormal result are not automatically referred – GPs need to send them on a 2WW



b) Those with a normal result may still warrant routine referral or more investigation



c) Those with a normal result may still have cancer – bowel or another type – so GPs should be vigilant for ongoing, changing or worsening symptoms

*In England the BCSP invites all people between the ages of 60-74 years. In Scotland the programme is extended to 50-74 years.

August 2018

TOGETHER WE WILL BEAT CANCER
cruk.org/FIT



**CANCER
RESEARCH
UK**