

Fecal Immunochemical Test (FIT) Instructions

TAKE CHARGE OF YOUR HEALTH!

SCREENING SAVES LIVES!



Who should be screened for colorectal cancer?

The U.S. screens all adults for colorectal cancer. The age to start screening depends on several factors.

- People with average risk (no family history or predisposing conditions) should start screening at age 45.
- Screening should continue until age 75. Your doctor may advise you to continue screening until age 85.
- People with a family history of colorectal cancer or with a predisposing condition (such as Crohn's disease or ulcerative colitis) should speak with their doctor about screening at an earlier age.

Why did my doctor recommend a fecal immunochemical test (FIT)?

Your doctor has recommended that you complete a fecal immunochemical test (FIT) to screen you for colorectal cancer. Colorectal cancer includes both colon and rectal cancer. It's the third most commonly diagnosed cancer in adults in the U.S. But it doesn't have to be.

Many colorectal cancers and deaths can be prevented with screening. Tests like FIT can find precancerous polyps and early cancers before there are any symptoms.

Colorectal cancer is a leading cause of cancer-related death but is preventable with screening.

How do I complete a FIT Kit?



HOW DO I GET A FIT KIT?

You can pick up your FIT Kit from your doctor's office or nearest UCLA Health lab. UCLA can also mail the FIT Kit directly to you.



WHAT IS A FIT?

FIT is a method of screening for colorectal cancer. It detects small amounts of human blood in the stool. You can perform this test at home using the materials provided in the kit. Follow the instructions to collect a small stool sample. Then mail or return your sample in person to the UCLA Health lab for testing. If the FIT result is abnormal (positive), there may be blood in your stool. Note: Please do not complete the FIT Kit if you are currently experiencing bleeding from hemorrhoids or menstruation as this may lead to inaccurate test results.

- You must do a FIT Kit once a year to screen effectively for colon cancer.
- **Any time a FIT result is abnormal, you will need to have a colonoscopy to find the source of the bleeding.**



HOW DO I DO A FIT TEST?

If you got your FIT Kit from UCLA Health, you likely have the Polymedco OC-Auto FIT Kit pictured above. Most FIT Kits include:

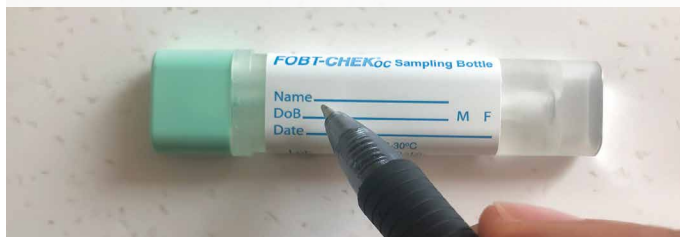
- Sampling bottle
- Collection paper
- Brochure with instructions and FAQs
- Return envelope
- Biohazard bag
- Absorbent pad

Regardless of the specific brand of FIT Kit you have, the steps for the test are similar. FIT Kit instructions modeled after the Polymedco OC-Auto FIT Kit are below. You can also view the full OC-Auto FIT Kit sample collection procedure video here:

uclahealth.org/colon-cancer-screening/fit

Please read all FIT Kit packet inserts. Defer to your specific FIT Kit for instructions.

STEP 1. Fill out the information on the sampling bottle.



Write your name, birth date, current date and time on sampling bottle.

STEP 3. Deposit a stool sample on top of the collection paper.



STEP 5. Use the probe to scrape the surface of the stool before the stool touches the water.



Cover the grooved portion of the sample probe completely with stool.

STEP 7. Wrap the sampling bottle in the small absorbent pad. Put it in the biohazard bag.



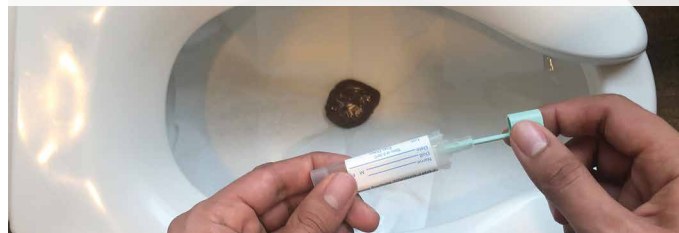
STEP 2. Place the collection paper on top of the water in your toilet.



STEP 4. Open the sampling bottle.

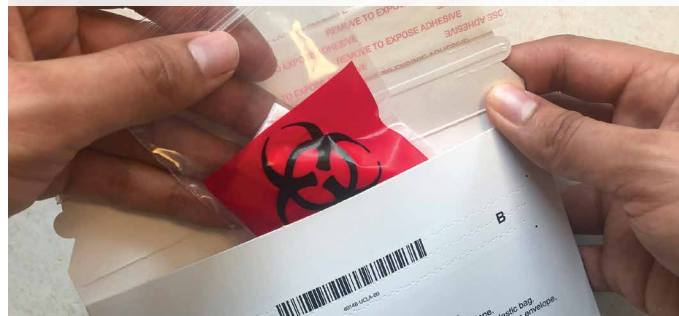


STEP 6. Place the probe with stool sample back in the sampling bottle and close it. Do not reopen it.



You can then flush the biodegradable collection paper and remaining stool.

STEP 8. Seal the biohazard bag. Put it in the return envelope.



IMPORTANT Please return your completed kit by mail or in person to your clinic within 48 hours of collecting your sample. The stool sample is perishable.

NEED HELP? Contact your primary care physician.