

Data Protection Legislation – Privacy Notice

Further information on how we look after your personal information can be found on the Trust Information Governance webpage at www.porthosp.nhs.uk - or alternatively, please speak to the ward manager who can access this information on your behalf.

How to comment on your treatment

We aim to provide the best possible service and if you have a question or a concern about your treatment then the Patient Advice and Liaison Service (PALS) are always happy to try to help you get answers you need. You can contact PALS on 0800 917 6039 or E-mail: PHT.pals@porthosp.nhs.uk who will contact the department concerned on your behalf.

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www.porthosp.nhs.uk

Portsmouth Hospitals 
NHS Trust

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Tel: 023 9228 6271

Opening hours: 0900hrs – 1700hrs

Instructions for collecting a stool sample using the FOB Gold sampling device

Specialist Support

This leaflet can be made available in another language, large print or another format. Please speak to your GP who can advise you.

Your GP has asked you to do a FIT test to help determine if you need further investigations. FIT stands for Faecal Immunochemical Test – it is a test for hidden blood in faeces and can detect very small amounts.

How to do a FIT test

Do not use the test if you are menstruating or have had some obvious fresh bleeding e.g. from piles.

The FIT tube has a green lid and stick that needs to be scraped over a poo sample then replaced in the tube. **There is a white lid on the other end, it is very important that you do not open this end** as the chemicals that stabilise your sample will leak out and the laboratory will not be able to process your sample.

Here is how to do it:

- Insert the stick into the faeces, not too deep as you want to aim to just cover the grooves at the end of the stick. Scrape the stick diagonally across the stool just once.



- The tube should already be labelled with a sticker from the surgery that includes your name and date of birth plus a hospital number/NHS number. You need to fill in today's date (if your name and date of birth are not on the tube already then please fill this in along with the hospital/NHS number if you happen to know it). **If the sample does not include at least your surname, forename, date of birth and date of taking the sample then the lab will not be able to process it.**
- Pass your motion (poo) into a clean container or into your hand covered by a small clean plastic bag. Alternatively attach some cling film across the bowl so it hangs just above the water to catch your stool, or place multiple layers of toilet paper in the toilet bowl. **Note:** It is important that the sample has not been contact with urine or toilet water.
- Pick up the sampling tube and **unscrew the green end only** in an anti-clockwise direction. This will allow you to lift the green sampling device out of the tube.
- Make sure that the notches at the end of the stick are covered then screw it firmly back into the tube.
- Mix the tube by turning it upside down several times then put the tube inside the return bag.
- Wash your hands.
- Take the bag containing the tube to your GP surgery **on the day of sampling.** Your GP should also have included a request form in the bag - make sure you return this with the tube as well.

If you have any queries, please use the contact information on the front of the leaflet. Alternatively call via the hospital switchboard (023 9228 6000) Ext: 1770/6083.