

Benefits of the FIT Kit

- ✓ **Cleaner** - It comes with a handy applicator, making it simple to use.
- ✓ **Quicker** - only a single sample is needed.
- ✓ **More accurate** - the FIT test is more sensitive and is better at detecting early signs of bowel cancer when it is easier to treat.



Get peace of mind by doing the FIT Kit

Beating Bowel Cancer

Bowel cancer is the **fourth most common cancer in the UK**, and the **second highest cause of cancer deaths**.

However, it can be caught early with the FIT Kit which can dramatically increase the chance of survival.



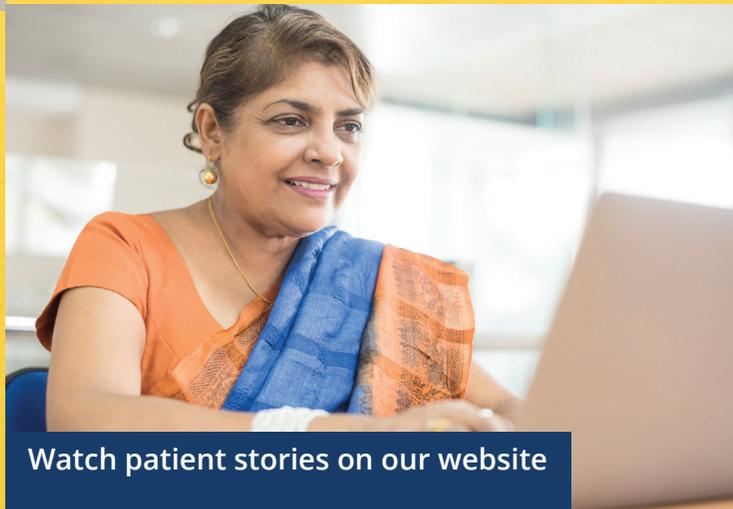
Bowel Cancer Screening Programme

Get a new FIT Kit, or for more information, call us free on: 0800 707 6060

Visit our website for:

- ✓ Patient videos
- ✓ How-to guides
- ✓ General information on bowel cancer and bowel screening

www.stmarksbowelscreen.co.uk



Watch patient stories on our website



FIT Kit

Faecal Immunochemical Test

Detecting the very early signs of bowel cancer

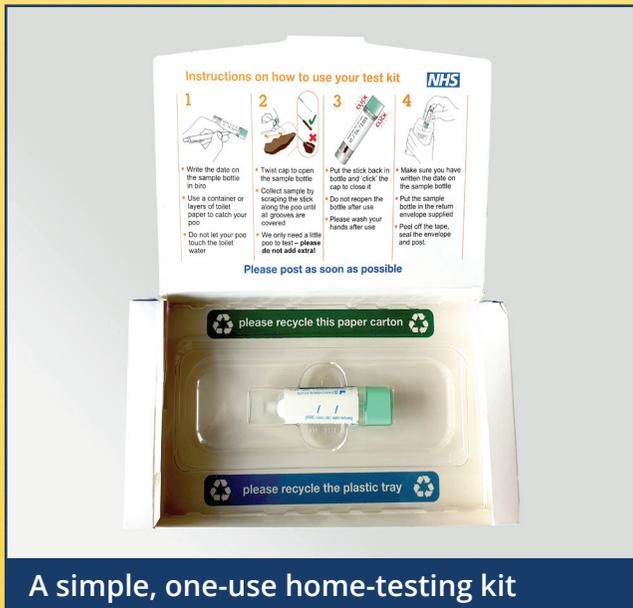


The national Bowel Cancer Screening Test kit has changed.

It's now a simple, one-sample test - more accurate and easier to use!

What is the FIT Kit?

The FIT Kit is the updated NHS home-testing kit for bowel cancer. It is replacing the old home-test kit (FOBT).



A simple, one-use home-testing kit

How does FIT work?

The FIT Kit tests for invisible-to-see blood in your poo, which is one of the symptoms of bowel cancer.

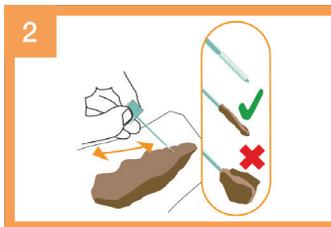
It's a lot easier to use than the previous home-test kits, **only requiring one stool sample.**

If blood is detected, you will be invited for a full investigation to check for any growths in the bowel. **These growths can then be removed before they become cancerous.**

How do I use FIT?



Write the date on the sample bottle. Use layers of toilet paper to catch your poo. Twist the cap to open the sample bottle.



Collect sample by scraping the green stick along the poo until all grooves are covered.



Put the stick back in the bottle and 'click' the green cap to close it. Do not repeat the collection. Wash hands after use.



Make sure you have written the date on the sample bottle. Put the sample bottle in the return envelope supplied. Peel off the tape, seal the envelope and post.

Who is FIT for?

Everyone aged from 60 to 74 in England that is **registered with a GP** is invited to take part in the bowel cancer screening programme.

Growths in the bowel are a lot **more likely to occur at this age**, so it is important that you take part in screening **even if you are not showing any symptoms.**



Everyone aged 60-74 should use the FIT Kit every two years

How can I get FIT?

If you are aged between 60 and 74 **years old and registered with a GP**, you will automatically be sent one to complete **every two years.**

If you have misplaced your kit or if you are older than 74, you can order a new kit by calling **0800 707 6060.**