

Bowel Screening Test Kit - Information

Bowel Screening Test (Faecal Immunochemical Test-FIT)

The test has been posted to you with instructions on how to do the test. It must be completed as close as possible to your nurse appointment; essentially not more than 3 days prior.

The Bowel Screening Test checks for the presence of blood in a stool sample which may indicate a bowel disorder which could include bowel cancer.

Blood in the faeces may be caused by polyps (overgrowths of cells in the bowel lining). Polyps are usually harmless and are easily removed to reduce the risk of bowel cancer developing. This is key, as bowel cancer is highly treatable when it is detected early.

If you have any symptoms that you are concerned about please discuss with the nurse during your appointment.

If my test is positive?

We will advise you to make an appointment with your GP who will decide what further action is required.

Further advice

It is important to be aware of the symptoms that could indicate bowel cancer.

If you experience any of the following that are a change to your normal bowel habits you should seek further medical advice

- Any bleeding from your bottom, or blood in your stools – this can look red, or it can be black and make your poo look dark like tar.
- Any change in bowel habit, either pooing more often and/or constipation.
- Unexplained weight loss.
- Extreme tiredness for no obvious reason.
- A pain or lump in your stomach.