

# Using a qFIT test

## Information for patients from the Pathology Department

You have been referred to the hospital by your GP as you are having problems with your bowels. And any changes in bowel habit can be a sign of bowel cancer.

This leaflet explains what you need to do with the test enclosed with this leaflet. If you have any questions, please speak to your consultant.

- **Please carry out this test as soon as possible. Do not wait.**
- **Only one test will be sent out per patient. Please make sure you label the sample bottle correctly or your test will be rejected by the laboratory.**
- **If you have any questions or concerns about this test, please contact the Cancer Care Line on 01227 868666 (Monday to Friday 9am to 5pm, Saturday and Sunday 8am to 4pm). They will put you in contact with our Colorectal Cancer Team.**

### What is a qFIT test?

qFIT stands for Quantitative Faecal Immunochemical Test. The test detects tiny amounts of blood in your stool (poo) that cannot be seen by the naked eye.

### Why are we using qFIT?

Your GP has referred you to the hospital because you have symptoms that could show you have bowel cancer.

qFIT allows the hospital to assess people with bowel symptoms, without them having to come into hospital. It will show those that do not need further tests at this time because their risk of bowel cancer is very low.

### What do I do?

This test kit has been sent to you in the post by the colorectal team.

**It is important that you follow the instructions and label the test tube correctly with the following pieces of information.**

1. **First name**
2. **Surname**
3. **Date of birth**
4. **Date and time you did the test**

**If incorrectly labelled, the test will be rejected by the laboratory.**

You may wish to use a pair of disposable plastic gloves if available; but this is not essential.

There are easy to follow instructions on how to take a stool (poo) sample in this leaflet. **Please complete the test at home as soon as possible after receiving it** (Monday to Thursday only), and take the sample to your GP on the same day. You must phone your GP surgery to check when they are open and able to send samples to the laboratory.

**Women only:** do not collect your stool (poo) sample during menstruation (your monthly period), as this may give a false positive result and cause you unnecessary concern. Wait until after your period has finished to do the test, and please tell us the reason for the delay. You can contact us through the Cancer Care Line on 01227 868666.

### **What happens next?**

Your GP will send your sample to the laboratory for testing and the team will receive the result of your test within two weeks. A member of the colorectal team will then write to you with your result. If you have not heard anything after three weeks, please contact your consultant who can chase the result.

If the result is:

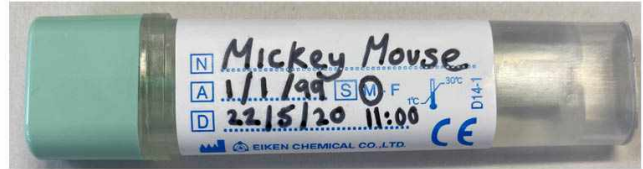
1. **Very low (less than 10 µg / g)** it is unlikely you will need to be offered any further tests, as we can say it is highly unlikely your symptoms are due to bowel cancer. However, if your symptoms persist, you may need to discuss this with your GP who can consider other possible causes of your symptoms.
  2. **10 µg / g or more** the hospital consultant or their team will be in touch regarding further tests. This will depend on what is the most appropriate test for your symptoms. It is important to note that the majority of people with a result of 10 µg / g or more do not have bowel cancer, but it is a sign of blood in the stool (poo) and means that further tests are a sensible precaution.
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### **How to collect your sample**

- **Step 1**

Using a permanent pen such as a biro, label the outside of the sample bottle with your:

- first name
- surname
- date of birth; and
- the date and time you did the test.



**N = FULL NAME**  
**A = DATE OF BIRTH**  
**S = SEX**  
**D = DATE & TIME OF COLLECTION**

Correctly labelled sample bottle

- **Step 2**

To prevent the stool (poo) sample from falling into the toilet either:

- **Option A**

Place a wide mouth container (clean empty plastic food container such as a margarine tub) in the toilet bowl; or

- **Option B**

Place clean newspaper over the toilet opening, under the seat (this might not be suitable for a runny sample).

**Option A**



**Option B**



Options A and B

- **Step 3**

Pass the stool (poo) sample either into the container or onto the newspaper.



Stool sample in container or on paper

- **Step 4**

Twist the cap anticlockwise to open the sample bottle.

The plastic container contains liquid preservative - **please do not pour this away.**

- **Step 5**

Collect a sample by scraping the green stick along the poo until all the grooves are covered (see image).

- **Step 6**

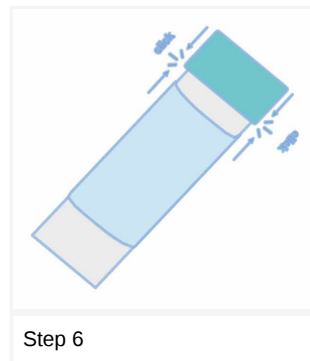
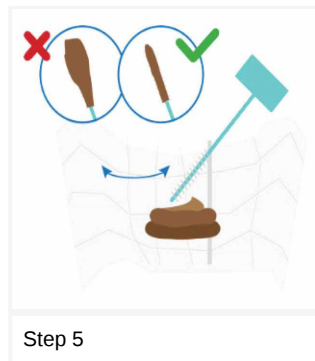
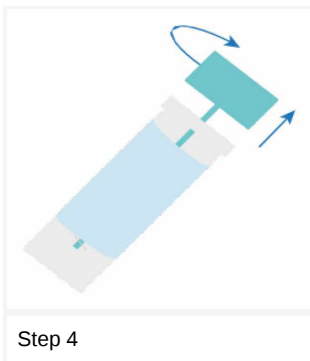
Put the stick back in the bottle and 'click' the green cap to close it. Shake the bottle. Do not repeat the collection.

- **Step 7**

Wash your hands with soap and warm water for at least 20 seconds.

- **Step 8**

- Place the sample container in the bag provided.
- Return the sample container to your GP in the bag provided on the same day. **The request form should be in the outer pocket of the bag.**



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**This leaflet has been produced with and for patients.**

**Please let us know:**

- If you have any accessibility needs; this includes needing a hearing loop or wanting someone to come with you to your appointment.
- If you need an interpreter.
- If you need this information in another format (such as Braille, audio, large print or Easy Read).

**You can let us know this by:**

- Visiting the Trust web site (<https://www.ekhuft.nhs.uk/ais>).
- Calling the number at the top of your appointment letter.
- Adding this information to the Patient Portal (<https://pp.ekhuft.nhs.uk/login>).
- Telling a member of staff at your next appointment.

**Any complaints, comments, concerns or compliments**, please speak to a member of your healthcare team. Or contact the Patient Advice and Liaison Service on 01227 783145 or email ([ekh-tr.pals@nhs.net](mailto:ekh-tr.pals@nhs.net)).

**Patients should not bring large sums of money or valuables into hospital.** Please note that East Kent Hospitals accepts no responsibility for the loss or damage to personal property, unless the property has been handed into Trust staff for safe-keeping.

**Further patient information leaflets** are available via the East Kent Hospitals' web site (<https://www.ekhuft.nhs.uk/patient-information>).

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