

6 simple steps to collect your bowel motion sample

Your doctor has asked you to do a very simple and quick test, called qFIT, because you are having stomach and bowel problems which need to be checked out.

You can do this test at home and will need to collect a bowel motion sample (poo) which will then be tested so that your doctor can recommend what to do next.

Step 1 Getting Ready

You'll need the test kit plus toilet paper which goes in the toilet or a clean container to catch your sample in.

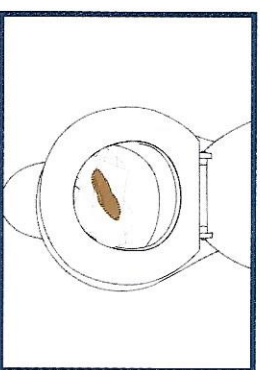


Step 2 How to catch the sample

It is important that your sample does not touch the toilet water.

You can do this by:

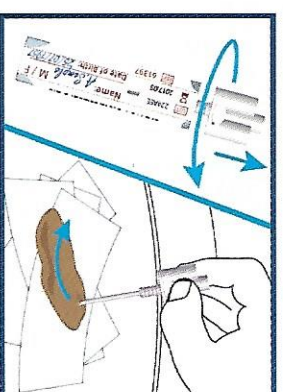
- Putting several layers of folded toilet paper in the toilet bowl (see diagram)
- Or by collecting it in a clean container.



If your sample does touch the water, please do not use it for your test, but try again the next time you need to go.

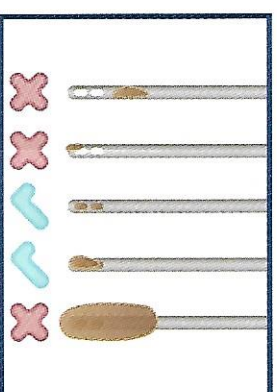
Step 3 Collecting the sample

Unscrew the lid of the kit by turning it anti-clockwise, and scrape the end of the stick along the sample.



Step 4 Making sure you collect the sample correctly

Make sure only the end of the stick is covered in the sample (avoid covering the rest of the stick). Once you've done this, put the stick back into the tube and turn it clockwise to close tightly. **ONLY** do this once.



If any of the sample gets on the outside of the kit, the labs will be unable to do the test.

If this happens to you, please contact your GP surgery for a fresh kit and start again.

Step 5

Write the date that the sample was taken on the label on the green bag.

Step 6

Put the kit back into the green plastic bag provided and press it closed. Return it to your GP surgery as soon as possible (within 7 days of being given the test kit).

