Key things to know about FIT

in Scotland

The Faecal Immunochemical Test (FIT) is a type of faecal occult blood test used to detect traces of human blood in stool samples. It's used in bowel cancer screening and to assess people with suspected colorectal cancer symptoms.



Together we are beating cancer

Screening pathway

- FIT is used as the primary test in the Scottish Bowel Screening Programme (SBoSP).
- It's automatically offered every two years to people aged 50–74 with a Community Health Index (CHI) number. People aged 75 and over can request a FIT.
- The threshold for determining a positive result is set at 80 µg Hb/g faeces.



The kit is sent to all eligible people in the post.



A replacement kit can be ordered from the **Scottish Bowel Screening Centre**.



People return their completed kit (including the label from the invitation letter) to the Scottish Bowel Screening Programme by freepost.



Results indicate whether further investigation is needed – they're sent to GPs electronically and to participants by post (without quantitative values).



People with a positive result are invited for further assessment (usually colonoscopy).





People with a negative result continue to be eligible for screening every two years until the age of 74.



If a patient develops symptoms at any stage, they should contact their GP practice for further assessment regardless of screening results.

- *Check local pathways
- ** Use the Scottish Referral Guidelines



- FIT supports the assessment of people who present with colorectal symptoms.
- FIT may be used in primary and/or secondary care.*
- The threshold for determining a positive result (normally 20 µg Hb/g faeces) is significantly lower than the bowel screening threshold.
- Clinicians are advised to consider realistic medicine principles when deciding when to offer a FIT and refer patients.



FIT is offered to people who present with symptoms.**



The kit is given out by the GP or sent to the patient following referral (refer to local guidance on how to order a replacement kit).



The patient returns the completed test to their GP practice or the nominated lab.



The GP will receive all results by lab reporting pathways and communicate these to the patient.



The requesting clinician should follow national guidance** for referring patients with a positive result.*





Patients with a negative result but presenting with iron deficiency anaemia require a repeat FIT within 6 weeks. Other patients may warrant further investigations if symptoms persist.**



Patients shouldn't be discharged based on a FIT result alone. Make sure to safety net patients until symptoms are explained or resolved.



Visit <u>cruk.org/bowelscreeninghub</u> <u>or NHS inform</u> for more information on bowel cancer screening.

Visit <u>cruk.org/FITsymptomatic</u> or <u>NHS Scotland's FIT guidance</u> for people with symptoms for more information.