

Key things to know about FIT

in Wales

The Faecal Immunochemical Test (FIT) is a type of faecal occult blood test used to detect traces of human blood in stool samples.

Together we are
beating cancer

- FIT is the primary test in the NHS Bowel Screening Wales (BSW) programme, aimed at people without symptoms.
- It is also used in primary or secondary care to guide the management of people who present with symptoms.
- There are key differences between each use of FIT which are important for health professionals to know. For example, the symptomatic threshold for a positive result (normally 10µg Hb/g) is lower than the screening threshold.

Screening pathway

- FIT is currently offered to people aged 51-74 years.*
- The kit is sent to eligible individuals in the post.
- A replacement kit can be ordered from BSW on 0800 294 3370.
- The completed kit is returned by free post to the screening centre.
- The threshold for a positive result is set at 120 µg HB/g faeces.
- GPs are informed of all results and receive these electronically.
- **+** Those with a positive result are invited for further tests, normally colonoscopy.
- **Or**
- **-** Those who receive a negative result continue to be eligible for screening every two years.

If a patient's screening result is negative and they develop symptoms they should be offered a symptomatic FIT kit by their GP.



Symptomatic pathway

- FIT is offered to people who present with symptoms.**
- The kit is given out by the GP, or sent to the patient by the lab on GP request.***
- Refer to local guidance on how to order a replacement kit.
- The patient returns the completed test to their GP practice or directly to the nominated lab.***
- The threshold for determining a positive result is lower than BSW (normally 10 µg HB/g).
- GPs are informed of all results and receive these electronically.
- **+** GPs should follow national guidance for referring patients with a positive result.**
- **Or**
- **-** Those with a negative result may still warrant referral or further investigation.

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



* People aged 50-54 are being invited to participate over the next few years. Bowel cancer screening was extended to people aged 51-54 in October 2023 and they will receive a FIT over the next 12 months.

**According to [NICE guidelines](#), the [FIT National Optimal Pathway](#) and [BSG/ACBGPI recommendations](#).

***Check local pathways.



For further information visit cruk.org/bowelscreeninghub and cruk.org/FITsymptomatic