FIT bowel screening
Information for General Practice Nurses in England

TIPS FOR COLLECTING YOUR POO
Here are some ideas of ways to make collecting your poo a bit easier. Why not practise and work out which method you find the easiest?

- **ICE CREAM**
  - A plastic bag over your hand, or a glove
  - Cling film over the toilet (remember to leave a dip)
  - Tubs that fruit like grapes come in
  - Folded toilet paper in your hand

- **Clean empty margarine or ice cream tub**
- **Clean empty takeaway container**

Ref: BCSC-1-17 January 2017. Annually reviewed. Registered Charity in England and Wales (1089464), Scotland (SC041666) and Isle of Man (1103)
In 2019 Faecal Immunochemical testing (FIT) will replace guaiac Faecal Occult Blood testing (gFOBt) in the NHS Bowel Cancer Screening Programme in England.

**FIT screening facts**
- Will be introduced in England with a threshold of 120µg haemoglobin/g faeces
- Potential to detect around an additional 1,500 cancers through screening per year in 60–74 year olds in England
- Further information about roll-out is expected from NHS England in due course

Bowel cancer screening uptake in England is currently around 59%, and even lower in deprived areas. Screening with FIT can make a real difference. The pilot in England reported an increase in uptake of around 7% with the greatest increases among men, and increases across all deprivation groups.

Evidence shows that a personalised letter sent from an individual’s GP practice, endorsing the screening programme around the time that they receive their screening kit, increases gFOBt uptake by around 6%. Although further research is needed to investigate the impact on uptake of FIT, it’s reasonable to assume that this intervention is still applicable.

You could also try:
- Discussing bowel screening with eligible patients during another consultation as part of a general health enquiry.
- Displaying screening posters, such as the one inside this guide, in your practice waiting and consultation rooms.

If a patient doesn’t complete screening and then changes their mind and would like to do so, or if they’re over 75, ask them to call 0800 707 6060 to request a kit.

Visit crim.org/bowelscreeninghub to find out more

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1 Estimated by assuming 6.5 million people will be invited to FIT bowel screening in 2019/2020, and extrapolating data from the England FIT pilot study provided on request by Stephen Halloran.
3 From 59% to 66.
Why FIT is better

- Only one faecal sample is required – making the test easier and more convenient
- Shown to markedly increase participation, especially in men
- More sensitive, so will have a higher advanced adenoma detection rate and potentially a higher bowel cancer detection rate
- Cost effective alternative

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Our newsletters provide best practice information on important cancer-related topics, as well as the latest evidence, training materials, practical tools and patient resources.
Have you received a bowel cancer screening kit?

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Once you’ve collected your sample, use your bowel screening kit as soon as possible.

Ref: April 2019. Annually reviewed.
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