

Key things to know about FIT



Scotland

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

- as the primary test in the Scottish Bowel Screening Programme (SBSP), aimed at individuals without symptoms (**screening**).
- in pilot projects by many of the Health Boards to guide the management of individuals who present with symptoms (**symptomatic**) – see local guidance

Screening

-  1. FIT is automatically offered to people aged 50-74*
-  2. The kit is sent to eligible individuals in the post
-  3. A replacement kit can be ordered from the Scottish Bowel Screening Centre (SBSC)
-  4. The completed kit (including the label from the invite letter) is returned by post to the SBSC
-  5. The threshold for determining an abnormal result is set at 80µgHb/g faeces
-  6. GPs are informed of all results (normal/abnormal) and can receive these electronically
-  7a. Those with an abnormal result are invited for colonoscopy pre-assessment
-  7b. Those with a normal result continue to be eligible for screening every two years
-  7c. A normal result does not exclude cancer – GPs should investigate any symptomatic presentation

Symptomatic

-  1. FIT is offered to people who present with colorectal symptoms
-  2. The kit is given out by the GP, or sent to the patient by the lab on GP request
-  3. Refer to local guidance on how to order a replacement kit
-  4. The patient returns the completed test normally to their GP practice or directly to the nominated lab
-  5. The threshold for determining an abnormal result is lower than that used within the SBSP
-  6. GPs will be given a normal/abnormal result. In most Board areas, results will be received electronically
-  7a. GPs should follow the locally developed pathway for referring patients with an abnormal result
-  7b. Those with a normal result may still warrant routine referral or further investigation
-  7c. A normal result does not exclude cancer – GPs should safety-net for ongoing, changing or worsening symptoms

*Those aged 75 and over can self-refer

January 2019

cruk.org/FIT

Together we will beat cancer



CANCER
RESEARCH
UK