Key things to know about FIT

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

**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

**Notes:**

- *Those aged 75 and over can self-refer
- 2 years
- b. Those with a normal result continue to be eligible for screening every two years
- c. A normal result does not exclude cancer – GPs should investigate any symptomatic presentation

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January 2019

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