## 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 patients with potential or suspected colorectal cancer symptoms.



- 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 years 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 SBoSP by freepost.

Results indicate whether further investigation is needed - they are sent to GPs electronically, and to participants by post (without quantitative values).

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

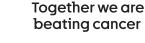
Or



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.

\*According to <u>Scottish Referral Guidelines</u> \*\*Check local pathways



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## Symptomatic pathway

- FIT can support the assessment of patients who present with colorectal symptoms.\*
- FIT may be used in primary and/or secondary care.\*\*
- The threshold for determining a positive result (normally 10 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.\*



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

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

The requester 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.\*

**Or** Patients with a negative result may still warrant referral or further investigations (eg a repeat FIT\*) if symptoms persist.



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



For further information visit <u>cruk.org/bowelscreeninghub</u> and <u>cruk.org/FITsymptomatic</u>. More information on bowel cancer screening for Scotland can be found at <u>NHS inform</u> and in the Scottish Government's <u>FIT symptomatic guidance</u>