Key things to know about FIT

in England

The Faecal Immunochemical Test (FIT) is a type of faecal occult blood test used to detect traces of human blood in stool samples. It is being used in screening and in primary and secondary care.



Together we are beating cancer

Screening pathway

- FIT is the primary test in the NHS Bowel Cancer Screening Programme (BCSP).
- It is for people aged 60-74 years [1] every 2 years. People aged over 74 can request a kit [2].
- The threshold for determining a positive result is set at 120 µg Hb/g faeces.



Individual completes and returns kit by free post to screening hub.

Screening hub sends result to individual by post. GPs are informed of all results electronically.

Invited for further tests (usually colonoscopy).

Or

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.

- [1] People aged 50-59 will be invited to participate in bowel cancer screening, using a phased approach, as the programme expands.
- [2] Contact the bowel cancer screening helpline on **0800 707 6060**.

Symptomatic pathway

- FIT is primarily used to guide the management of patients in primary care.*
- FIT may also be used in secondary care for triage and/ or when a FIT is not completed in primary care.*
- It is for people who present symptomatically.*
- The threshold for determining a positive result is lower than BCSP (normally 10 µg Hb/g faeces).

Primary care investigation Triage in secondary care

FIT is offered to people with symptoms.

Kit is given out by the GP* or sent to the patient by the lab on GP request.

Patient completes and returns kit to GP practice or lab.*

GP is given a result which may include a numerical value and communicates it to the patient.

GP refers to lower GI pathway.*

May still warrant further investigation.

Thage in secondary care

GP refers people with symptoms to a specialist.

GP or specialist* gives kit to symptomatic patient.

Patient completes and returns kit to lab.*

Specialist receives the result, communicating it to the patient.

Result is fed into clinical triage with further investigation.*

Or

Result is fed into clinical triage, patient may still warrant further investigation based on symptoms and clinical judgement.

*Check locally what processes are in place to request additional kits.

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



For further information visit <u>cruk.org/bowelscreeninghub</u> and <u>cruk.org/FITsymptomatic</u>