

## How to Prepare for Your Fecal Immunochemical Test (FIT)

### If you and your doctor decide that a FIT test is right for you...

...your doctor's office will give you a kit with instructions. The kit will explain how to collect a stool sample at home and what to do with the sample for testing.

Review the instructions with your doctor in advance to be sure to answer any questions you might have about the test. The FIT is one of several screening tests recommended by the American Cancer Society.<sup>1</sup>



#### Before the Test.

There is very little preparation.

- No special diet is needed before FIT<sup>1</sup>

#### Collecting Samples.

When it's time to start the collection, make sure that you have the kit supplies ready and in one place.

- Supplies will include a test kit, test cards or tubes, a brush or other collecting device (used to collect the stool sample), and a mailing envelope.
- Be sure to follow the instructions that come with your kit. Different kits might have different instructions.

#### After Collection.

Deliver your sample for testing as instructed by your doctor.

- If the FIT result finds blood in your stool sample, a colonoscopy may be needed to see where the blood came from.<sup>1</sup>

- If you need a colonoscopy after a positive FIT, it may be considered a diagnostic service. This might affect your out-of-pocket costs.

#### FIT is one of the easier screening tests,

however it has a few limitations, compared to other tests<sup>1</sup>:

- It is less likely to detect polyps than a colonoscopy
- It should be done every year
- A positive test result does not necessarily mean you have colorectal cancer—there may be other reasons for blood in the stool

**These tips may be used as a guide, but always follow the instructions provided by your doctor.**

To learn more about colorectal cancer and screening, visit

[www.LoveYourColon.org](http://www.LoveYourColon.org)

**Reference: 1.** Colorectal cancer screening tests. American Cancer Society website.

<https://www.cancer.org/cancer/colon-rectal-cancer/detection-diagnosis-staging/screening-tests-used.html>. Accessed May 19, 2017.