### your bowel motion sample 6 simple steps to collect



problems which need to be checked out. test, called qFIT, because you are having stomach and bowel Your doctor has asked you to do a very simple and quick

doctor can recommend what to do next. motion sample (poo) which will then be tested so that your You can do this test at home and will need to collect a bowel

### Step 1 Getting Ready

container to catch your sample in. which goes in the toilet or a clean You'll need the test kit plus toilet paper



# Step 2 How to catch the sample

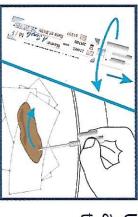
not touch the toilet water. It is important that your sample does

You can do this by:

- Putting several layers of folded toilet paper in the toilet bowl (see diagram)
- Or by collecting it in a clean container.

your test, but try again the next time you need to go. If your sample does touch the water, please do not use it for

# Step 3 Collecting the sample



Unscrew the lid of the kit by turning it the stick along the sample. anti-clockwise, and scrape the end of

# Step 4 Making sure you collect the sample correctly

ONLY do this once. the stick back into the tube and turn it clockwise to close tightly Make sure only the end of the stick is covered in the sample (avoid covering the rest of the stick). Once you've done this, put



unable to do the test. outside of the kit, the labs will be If any of the sample gets on the

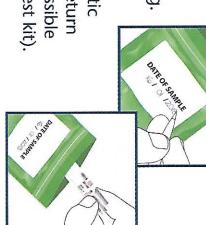
start again. your GP surgery for a fresh kit and If this happens to you, please contact

#### Step 5

Write the date that the sample was taken on the label on the green bag.

#### Step 6

bag provided and press it closed.Return (within 7 days of being given the test kit) it to your GP surgery as soon as possible Put the kit back into the green plastic



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please get in touch with your GP surgery. If you have any questions about the test,