

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. It is being used:

In Screening



As the test in the Northern Ireland Bowel Cancer Screening Programme (NI BCSP)



For asymptomatic people aged 60–74 years every 2 years

150 μ g

The threshold for determining a positive result is set at 150 μ g Hb/g faeces

Screening pathway



Kits are sent to eligible individuals by post



Individual completes and returns kit by post to laboratory



Results are sent to individuals by post. GPs are informed of all results by letter. Screening results do not provide a quantitative value, and rather indicate where further investigations are needed



Continue to be eligible for screening every two years



Invited for further investigation (usually colonoscopy)



An individual should not be over-reassured by a screening result that indicates that no further bowel investigations are needed at this time. Should they subsequently develop bowel symptoms they should contact their GP for consideration of a primary care FIT

Further information on the NI BCSP is available by contacting the freephone helpline 0800 015 2514 or at nidirect.gov.uk

In Primary Care



As a test to guide the management of patients



For people who present symptomatically

7 μ g

The threshold for determining a positive result is lower than NI BCSP (normally 7 μ g Hb/g faeces)

Symptomatic pathway



FIT is offered to people who present with symptoms



Kit is given out by the GP practice. To order more kits or leaflets email [FPS eBusiness](mailto:FPS@hscni.net)



Patient completes and returns kit to GP practice



GPs will be sent an electronic numerical result and discusses the result with the patient at review



May still warrant further investigation depending on symptoms and clinical judgement



GP refers to NICA Lower GI Suspect Cancer Pathway



Patients should not be discharged based on a FIT result alone. Patients should be **safety netted** until symptoms are explained or resolved



For further information visit cruk.org/primary-care-investigations or nican.hscni.net/info-for-professionals/primary-care/qfit/

