Faecal Immunochemical Test
Bowel screening in Wales

TIPS FOR COLLECTING YOUR POO

Here are some ideas to make collecting your poo a bit easier. Why not practise and work out which method you find the easiest?

- **ICE CREAM**
  - A plastic bag over your hand, or a glove
  - Cling film over the toilet (remember to leave a dip)
- **A carton that grapes come in**
- **Folded toilet paper in your hand**
- **A clean empty margarine or ice cream tub**
- **A clean empty takeaway container**

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Registered Charity in England and Wales (1089464), Scotland (SCO41556) and Isle of Man (1103)
Welsh language version available online

Get ready - collect what you need to catch your poo before you sit on the toilet.

**HOW TO DO THE BOWEL SCREENING KIT IN WALES**

Take the label from the front of your letter and stick it on the side of the test marked +. On the other side write the date you do the test. Collect your poo - we’ve given you some ideas for how to do this opposite. Use the stick to take a sample of your poo.

Make sure the two holes on the side of the stick are filled with your poo sample. Put the stick back in the tube and twist shut. Put the kit in the prepaid envelope provided and post it back. You should get your results within 2 weeks.

Remember, if you get an abnormal result, it could be down to lots of different things. It doesn’t necessarily mean cancer. But if it is cancer, catching it at an early stage means it is easier to treat successfully.

**Inside:**
A3 poster for your patients explaining how to do FIT bowel screening

Together we will beat cancer
FIT for Wales

On 28 January 2019 Faecal Immunochemical testing (FIT) will start to replace faecal guaiac Faecal Occult Blood testing (gFOBt) in the NHS Bowel Cancer Screening Programme in Wales. Roll out will be phased with 1 in 28 people receiving the new kit from the end of January. Full roll out is expected in June 2019.

FIT facts
- Introduced in Wales with a threshold of 150 µg haemoglobin/g faeces. Participants who have a screening result of 150 µHb/g faeces and above will be referred for colonoscopy assessment at their local Health Board.
- Potential to detect more cancers through screening, compared with gFOBt.

Bowel cancer screening uptake in Wales is currently around 53%, and even lower in deprived areas2. Screening with FIT can make a real difference. The 2014 pilot in England increased uptake by around 7 percentage points (6.6% FIT vs 59.3% gFOBt) and almost doubled uptake by previous non-responders, with the greatest increases among men and younger and more deprived groups2.

In autumn 2018 Welsh Government requested that the Bowel Screening Wales programme, via a series of developments, widen the age criteria to 50–74 years and increase the sensitivity of FIT from a threshold of 150 to 80 µHb/g faeces by 2023.

Why is FIT replacing gFOBt?
- FIT pilots have shown improved participation, especially in men, younger and more deprived groups.
- Only one faecal sample is required and doesn’t need to be stored, making the test easier to use and more convenient to complete.
- FIT only detects human blood and results are not influenced by the presence of other blood in stools, such as that ingested through food and medicines.
- FIT is more sensitive, so will have a higher advanced adenoma detection rate and potentially a higher bowel cancer detection rate.
- Cost effective alternative to the current test.

Your involvement is key

The switch to FIT provides a great opportunity to raise screening with your patients. As you’ll be aware, screening is an effective way to detect bowel cancer before symptoms show. When diagnosed at the earliest stage, more than 9 in 10 people will survive bowel cancer for more than 5 years.

What you can do:
- Support your patients so that they can make an informed decision about whether they wish to take part in screening or not. As well as the benefits your patients should be aware of the risks of false positive and negatives, over-reassurance following a normal result, overtreatment, and the risks associated with follow-up colonoscopy.
- Break down practical barriers by using the fold-out in this guide. Download English and Welsh versions of the poster or direct patients to a short animation at cru.org/bowelcancerscreening. You can also link to this on your practice website.
- Sign post to good quality resources, such as the freephone Bowel Screening Wales Helpline (0800 294 3370) and cru.org/bowelcancerscreening.
- Remind patients that screening works better if they take part each time they’re invited even if their previous result was negative. A replacement kit can be requested by contacting bowlscreening.feedback@wales.nhs.uk or calling 0800 294 3370 or asking the patient to go to bowlscreening.wales.nhs.uk/contact-us
- Reinforce the need for patients to be aware of key signs and symptoms of bowel cancer, and to seek medical advice if they notice anything new or unusual.
- You could also discuss bowel cancer screening with eligible patients during another consultation as part of a general health enquiry.

Find out more at doctors.net.uk/FIT.Visit cru.org/bowlscreeinghub Email facilitators@cancer.org.uk to request a Cancer Research UK facilitator to visit your surgery (South Wales only).

1 Bowel Screening Wales. 2017. Annual Statistical Report 2016/17 (37.6% is the uptake of the most deprived quintile of Wales in Cardiff and Vale UHB).
The FIT bowel screening pathway

Invitation to participate in bowel screening by FIT test

FIT test kit returned and tested

Negative result (lower than 150 ugHb/g faeces)

Recall 2 Years for FIT test

Unfit for colonoscopy

Refer to clinician for management

Consider CT colonogram

Positive result (150 ugHb/g faeces and above)

Screening assessment

Fit enough for colonoscopy

Colonoscopy

Complete

Incomplete

Repeat or CT colonogram

Polyps

Negative

Recall 2 years for FIT test

Surveillance programme

High: colonoscopy 1 yr
Intermediate: colonoscopy 3 yrs
Low: recall FIT in 2 yrs

Cancer

Refer to Health Board MDT for symptomatic treatment and surveillance

Network MDT for Complex Polyps and subsequent specialist removal at National Referral Centre without need for surgery

Refer to Clinical and Quality Assurance for pathway advice if unsuitable for CT
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- **Ice cream container**
- **Cling film over the toilet** (remember to leave a dip)
- **A carton that grapes come in**
- **Folded toilet paper in your hand**
- **A clean empty margarine or ice cream tub**
- **A clean empty takeaway container**

## How to do the bowel screening kit in Wales

1. **Get ready**
   - Collect what you need to catch your poo before you sit on the toilet.

2. **Pen your results**
   - Take the label from the front of your letter and stick it on the side of the test marked +.
   - On the other side write the date you do the test.

3. **Collect your poo**
   - Leave a dip (remember to leave a dip) in the toilet.
   - Cling film over (a plastic bag over your hand, or a glove)
   - A clean empty margarine or ice cream tub
   - A clean empty takeaway container
   - Folded toilet paper in your hand
   - A carton that grapes come in

4. **take the stick**
   - Stick to take a sample of your poo.
   - Make sure the two holes on the side of the stick are filled with your poo sample.
   - Put the kit in the prepaid envelope provided and post it back.

5. **Put the kit in the prepaid envelope** provided and post it back. You should get your results within 2 weeks.

6. **Remember**
   - If you get an abnormal result, it could be down to lots of different things. It doesn't necessarily mean cancer. But if it is cancer, catching it at an early stage means it is easier to treat successfully.

### Tips for collecting your poo

- Practise and work out which method you find the easiest.