## 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. FIT is used:**

- as the primary test in the Scottish Bowel Screening Programme (SBSP), aimed at individuals without symptoms (**screening**).
- in pilot projects by many of the Health Boards to guide the management of individuals who present with symptoms (**symptomatic**) – see local guidance.

### Screening

1. FIT is automatically offered to people aged 50-74*

2. The kit is sent to eligible individuals in the post

3. A replacement kit can be ordered from the Scottish Bowel Screening Centre (SBSC)

4. The completed kit (including the label from the invite letter) is returned by post to the SBSC

5. The threshold for determining an abnormal result is set at 80μgHb/g faeces

6. GPs are informed of all results (normal/abnormal) and can receive these electronically

7a. Those with an abnormal result are invited for colonoscopy pre-assessment

b. Those with a normal result continue to be eligible for screening every two years

c. A normal result does not exclude cancer – GPs should investigate any symptomatic presentation

*Those aged 75 and over can self-refer

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