



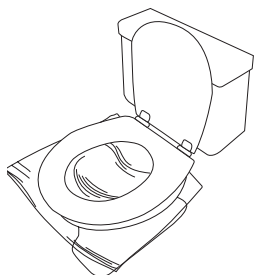
North West  
London Pathology

# Faecal Immunochemical Test: Step-by-step instructions. Start here →



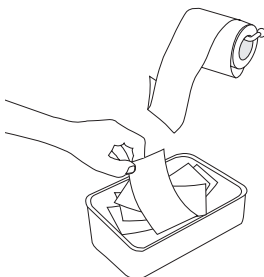
# How to do your test

## 1. How to catch your poo



- **a)** Cling film over the toilet (remember to leave a dip).

OR



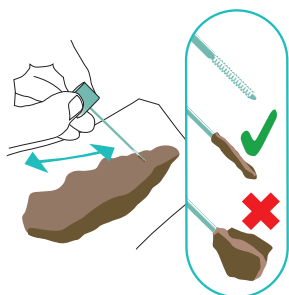
- **b)** A carton that grapes come in, a clean empty ice cream tub or take away container lined with paper.

## 2. Open container



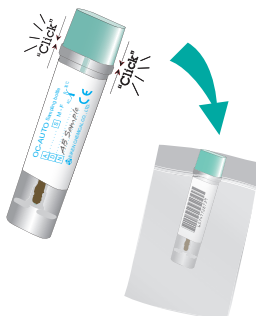
- Twist cap to open sample container.

## 3. Collect sample




- Scrape the green stick along the poo until all the grooves are covered.

## 4. Close and seal container



- Put stick back in container and 'click' the green cap to close it.
- Collect sample only once (and not when menstruating).
- Wash hands after use.

## 5. Return your sample as soon as possible

Patients: On the sample container did you write your: 

- Name
- Date of Birth
- NHS Number
- Sample Collection Date

- Please return your sample as soon as possible.

## Where to return your sample?

Container collected from the GP: Return to the GP surgery.

Container collected from the Hospital: Return to the Hospital's Pathology Specimen Reception.