



South Yorkshire, Bassetlaw  
& North Derbyshire

# CANCER ALLIANCE

## FIT

Faecal Immunochemical Test

**NEW** test goes live: **4 March 2019**



An update  
about the  
**NEW FIT test**  
and what it means  
for you as  
a **clinician**

**This leaflet is produced by the South Yorkshire, Bassetlaw and North Derbyshire Cancer Alliance. It is designed to ensure that you are fully informed about how to utilise the Lower GI Integrated Pathway and understand the practical processes around the FIT kits and how to access results.**

### What is FIT?

FIT (Faecal Immunochemical Test) is a type of faecal occult blood test to detect traces of blood in stool samples.

Unlike another type of faecal occult blood test guaiac FOBt (gFOBt), FIT uses antibodies that specifically recognise human haemoglobin.

FIT is a more sensitive and specific test than gFOBt.

An abnormal FIT result suggests that there may be bleeding within the lower gastrointestinal tract and should lead to referral for further investigation.

# How will the process of FIT testing for low risk symptomatic patients' work in practice in SYBND?

## Delivery of FIT kits to Practices

Practices will receive the new FIT test kits from STH Pathology in the usual way they receive blood test bottles. The kits will be delivered to Practices from w/c 11 February 2019, in preparation for the go-live date of 4 March 2019. Modelling has been undertaken to determine the number of kits required to ensure 2-3 months supply in the first instance.

The number delivered to each Practice will vary according to the population within the age range.

## The Process

- 1 Patient presents with symptoms and meets the criteria for a FIT test.
- 2 GP orders FIT test on ICE, prints the ICE label and places it vertically and straight on one of the sample container flat sides. The ICE request form must be included in the patient pack.
- 3 The GP read codes the FIT request.
- 4 The patient takes the FIT kit, collects their sample and returns the kit in the post using the prepaid envelope. The sample will be delivered directly to STH Pathology Lab for analysis.
- 5 Analysis of the samples will be initially be performed as a minimum on a weekly basis although as the service embeds this will be more frequent.

## Accessing Results

GPs/Practices will follow their current practice protocol for accessing test results. Results will be reported back to GPs as a figure via ICE or PMIP. The results will clearly indicate whether it is positive or negative. As for other tests, Practices can search for test results & undertake necessary action e.g. follow up appointment with patient to discuss results/next steps. The addition of a Read code when a test is requested makes checking compliance for FIT test completion possible.

### The Read codes for EMIS and SystmOne are:

**EMIS** = 47K 'Quantitative faecal immunochemical test'

**SystmOne** = Xaf0H 'Quantitative faecal immunochemical test' i.e. Xaf0(zero)H

## System Testing

End to end system testing has been undertaken to ensure that the various IT systems connect and that tests can be ordered and results accessed.

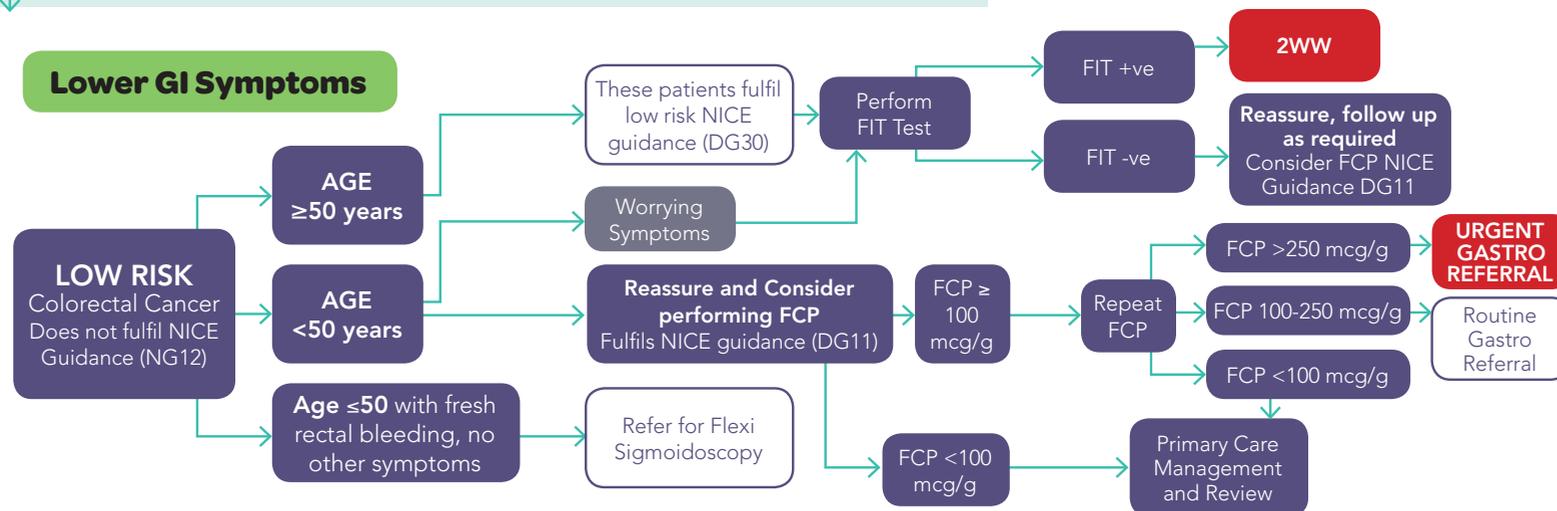


### The FIT kits will include:

- The FIT test itself.
- A pre-paid envelope for the patient to return the sample.
- A patient instruction leaflet.

### Reordering kits

Following the initial 2-3 months supply, practices will be topped up with kits on request when stocks are reaching a minimum level, this will be determined locally. Additional stock should be ordered via your local laboratory as per usual process.



## Further information:

Within the next few weeks each practice will be receiving an information pack. For further details on the pack and local educational events please contact your local CCG.

## Information Video on FIT for Primary Care

It is important that patients utilise the kit correctly. Please watch the following video for more information.

**<http://bit.ly/FIT-VIDEO-INFO>**

For further information on the process, FAQs and to listen to recordings of the webex sessions held during November 2018 and January 2019, please access the Cancer Alliance Website **<https://bit.ly/lower-gi>**



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