

Fecal Immunochemical Test (FIT): About the Test

What is the Fecal Immunochemical Test (FIT)?

A **Fecal Immunochemical Test (FIT)**, or Fecal Immunochemical Occult Blood Test, is a home stool test that is used to look for possible signs of colorectal cancer. FIT looks for a specific type of blood in the stool, which helps determine if a person has any **polyps** (growths of tissue) in the colon.

How is the test done?

At your visit, we will give you a collection kit you will use to collect your **stool sample** (your bowel movement). The kit includes instructions on how to collect your stool. After collecting it, you will send the kit back to the Michigan Medicine lab using the prepaid addressed envelope that came in your kit or drop it off at any Michigan Medicine M-Labs location. The lab will test your stool sample and send the results to your doctor. Your doctor will contact you with the test results.



You can find help on how to collect your sample at https://www.cancerscreens.com/FIT_howTo.php or by watching the video available at <https://tinyurl.com/bdeu42ke>.

Please return your sample within 60 days of receiving the kit.

Reminders about the test:

- Follow the instructions in the collection kit carefully.
- Write your full legal name, date of birth, and sample collection date on the label.
- For females: Do not do the test while you are having your period.
- Make sure the tube clicks when you close it.

Who do I contact with questions?

Please call your physician's office who gave you the FIT test kit with any questions.

Disclaimer: This document contains information and/or instructional materials developed by the University of Michigan Health System (UMHS) for the typical patient with your condition. It may include links to online content that was not created by UMHS and for which UMHS does not assume responsibility. It does not replace medical advice from your health care provider because your experience may differ from that of the typical patient. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan.

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