

FIT<10 NG12 follow-up pathway – Patient Information Leaflet August 2022

You have been referred by your GP to the FIT<10 NG12 follow-up pathway. This is a new pathway that we are trialling across north central London. FIT stands for Faecal Immunochemical Test. You were referred onto this pathway because you had suspicious lower abdominal symptoms suggestive of bowel cancer but your faecal immunochemical test (FIT) came back negative indicating that you are highly unlikely to have cancer.

What is a FIT test?

A FIT test detects human blood in a poo sample that could be an indication of bowel cancer. Once tested in a laboratory, FIT provides a numerical value which your GP will use to assess your risk of having bowel cancer. Blood in the poo does not always mean that you have a bowel cancer but the level of blood detected can be an indication of your level of risk. If you have rectal bleeding (i.e. visible fresh blood on the outside of your poo), you will need to collect the sample away from the fresh blood or wait until your poo returns to normal. If the FIT test is positive, you will be urgently referred onto a hospital for further investigation. If the FIT test is negative, the chances of you having bowel cancer is very low but it cannot be ruled out completely. Your GP will refer you to a hospital to repeat some tests that will be reviewed by a bowel specialist at the hospital who will decide the next steps for you.

What happens after I am referred on the FIT<10 NG12 follow-up pathway?

You will receive a letter from the hospital, shortly after your referral, confirming that they have received your referral. The letter will also explain the next steps and will include the contact details of the hospital team in case you have any questions or concerns.

The hospital team will contact you to arrange a repeat blood test and repeat FIT, about 8 weeks from the receipt of your referral, and soon after will also confirm the date and time of your follow-up clinic appointment. This follow up clinic appointment will either be in person or over the telephone. At the follow-up clinic appointment the clinician will review the outcome of your tests and your symptoms to decide your treatment plan. After the clinic appointment, most patients will be discharged without needing further tests, however some will be referred for more tests at the hospital.

What if I have concerns or needing help?

If you have not heard from the hospital team for more than two weeks after your GP appointment, please let your GP know. Once you receive your confirmation letter from the hospital, you should contact the hospital team with any concerns, for example if your symptoms worsen while you are waiting for your follow-up appointment or if you require any assistance with posting the repeat FIT back to the hospital.