



FIT (Fecal Immunochemical Test) – Frequently Asked Questions

Q1. Is the FIT test the same as Occult Blood testing?

- A. There are **three processes** in place in Saskatchewan (2013) to test for occult blood in stool samples:
1. For select participants (men & women over age 50) in the Screening Program for Colorectal Screening (SPCRC), the Saskatchewan Cancer Agency (SCA) mails out kits to the participant's home address. These kits are pre-labeled with the participant's name.
 2. For hospital in-patients and emergency departments, a Point of Care (POC) test will be available for STAT and emergency patient testing. A supply contract has been set up with Alere Canada (Hema-screen, SPECIFIC, Product #YYHSSPCAS25) for ordering and distribution of POC test kits in Saskatchewan hospitals.
 3. For out-patient testing, the FIT kits are available through regional labs (i.e. out-patient collection sites) and are identical to those provided by the SCA (but require a requisition be submitted – refer to Q6.).

Q2. What is the benefit of using the FIT?

- A. The FIT test is an immunochemical method to be used where clinically indicated to rule out lower GI bleeding. For out-patient use, this method replaces the guaiac fecal occult blood test (FOBT) card with a more sensitive test that requires the **collection of one sample only** and has **no diet restrictions prior to collection**.

Q3. Where can I obtain the FIT kits?

- A. The kits are available from **laboratories in your health region**. Each region is supplied by the Saskatchewan Disease Control Laboratory (SDCL), Ministry of Health, with bulk shipments delivered twice per year to the regional lab. Regional labs are responsible to deliver the kits to collection sites and health care providers as needed.

Q4. What is the turnaround time for the FIT test?

- A. Same day testing from the date the sample is received at the SDCL.

Q5. What is the expiry date on the FIT kits?

- A. The expiry date is approximately 1 year and displayed on the sample bottle label.



Q6. Do the FIT kits require a requisition?

- A. The FITs, like other lab tests, are ordered by an authorized health care provider (e.g. physician, nurse practitioner). On submission to the laboratory, each kit must be accompanied by the requisition. Preferred requisitions are the **Chemistry & Immunoserology requisition (Doc 1400-55 SDCL003R)** (write FIT in the section for Other Tests) or **LIS manifest**. Be sure to indicate the **collection date of the sample on the requisition**.

Q7. How should a FIT sample be labeled?

- A. The FIT sample must be **labeled with the patient's name, date of birth and date of collection**. Regional labs should affix LIS labels to the reverse of the bottle and not cover the original label.

Q8. Are there special packaging considerations when shipping the FIT kits to SDCL?

- A. Regional staff can insert the sample for FIT (non-SPCRC program) in the **blue foam rack** (and the requisition in order with the other requisitions) in the green tote for delivery to SDCL. **The collected sample is stable for 15 days at room temperature.**