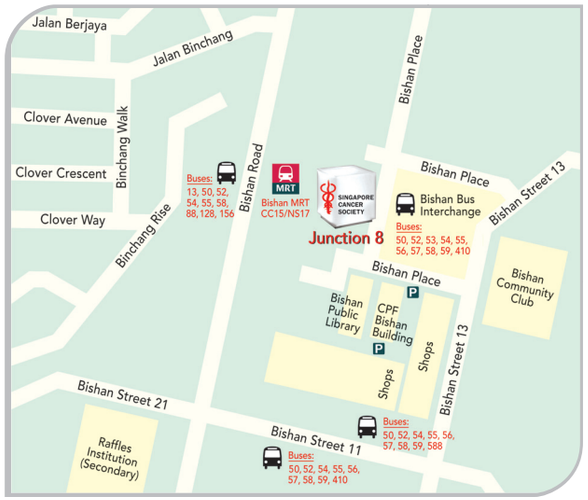
SCS FIT Leaflet A4foldDL new.ai 1 25/9/15 3:26 pm

IMPORTANT THINGS TO NOTE

1. No dietary restriction is required for the test.
2. Do not perform the test if you have diarrhoea, bleeding piles, are menstruating or feeling unwell. Conduct the test only when symptoms have subsided.
3. Do not add water to the FIT kit.
4. Do not pour out the fluid from the FIT kit.
5. Do not let water or urine come into contact with the stool.

请注意以下事项

1. 在进行检验之前无须禁食。
2. 若有腹泻、痔疮出血、妇女经期或身体感觉不适时，请不要进行检验。症状消退后才进行检验。
3. 不可将水加入粪便免疫化学检验器
4. 不可倒掉粪便免疫化学检验器内的液体。
5. 不可让粪便接触到水或尿液。



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sgcancersociety

Location 地点	Bus Numbers 巴士号码
Bishan Bus Interchange	50, 52, 53, 54, 55, 56, 57, 58, 59, 410
In front of Bishan MRT Station	13, 50, 52, 54, 55, 58, 88, 128, 156
Along Bishan St 11	50, 52, 54, 55, 56, 57, 58, 59, 410

- Take Exit A at Bishan MRT Station.
- Walk through Junction 8 Shopping Centre in the direction of the Bus Interchange.
- Without crossing to the bus interchange at the traffic light, turn right and walk along the walkway to locate the Junction 8 Office Tower lobby.

- 在碧山地铁站走向A出口。
- 通过碧山第八站购物中心往巴士转换站方向行走。
- 在红绿灯路口之前右转，沿着走道向前走，就能到达碧山第八站办公大楼大厅。

FAECAL IMMUNOCHEMICAL TEST (FIT)
粪便免疫化学检验

Step-By-Step Guide
使用指示

The Faecal Immunochemical Test (FIT) is a preliminary test for colorectal cancer that tests for the presence of blood in stool. This test should be done annually.

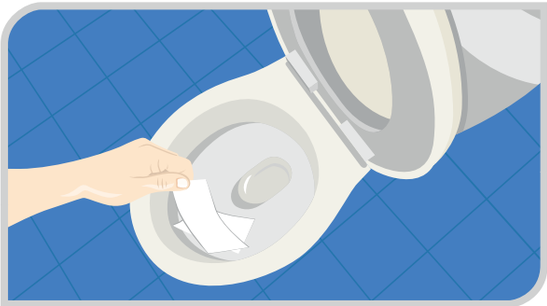
粪便免疫化学检验是一项结肠直肠癌的初步检验，能测试出粪便里肉眼看不到的血迹。这项检验应当每年进行一次。

SINGAPORE CANCER SOCIETY
新加坡防癌协会

Each participant will receive 2 FIT kits and is required to do the test on 2 different days within a week.

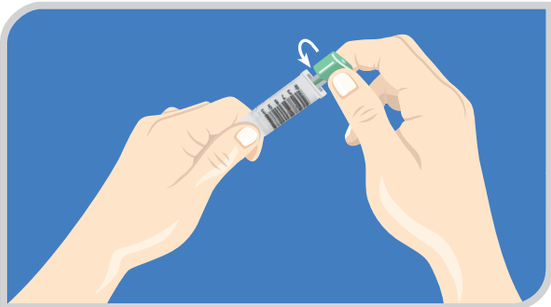
每位参与者将收到两份粪便免疫化学检验器，必须在一周内的其中两天进行两次检验。

HOW TO USE THE FIT KIT
如何使用粪便免疫化学检验器



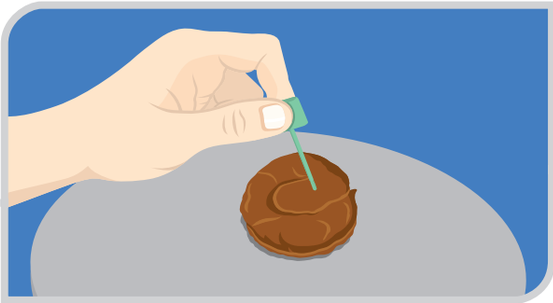
1. Collect your stool on clean toilet paper. The stool must not come into contact with water or urine.

   使用干净的厕纸收集粪便。请不要让粪便接触到水或尿液。



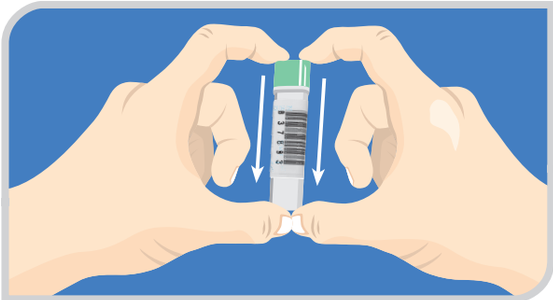
2. Twist and pull the green cap to take out the sampling probe from the FIT Kit

   扭开绿色瓶盖，从粪便免疫化学检验器取出样棒。



3. Poke the probe into 6 different areas of the stool.

   在粪便六个不同位置插入样棒。

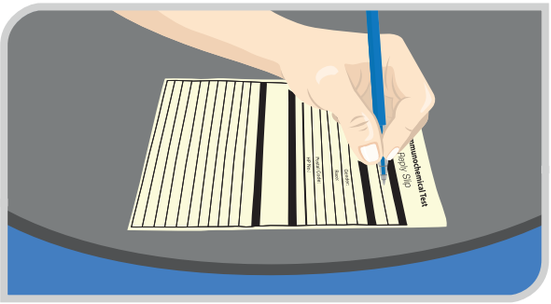


4. Return the sampling probe back to the FIT kit and secure the green cap by pushing it down. Shake the kit several times.

   把取样棒插回粪便免疫化学检验器，压下绿色瓶盖把它盖好后摇匀。

5. Use the absorbent pad to wrap around the FIT kit and place them into the green ziplock bag provided. Squeeze the excess air out and seal securely.

   用吸水垫把粪便免疫化学检验器包起来。将它们放入所提供的绿色封袋内，挤出封袋内多余的空气然后密封。



6. Ensure that all your particulars are correct and the stool collection date clearly written on the reply slip provided.

   请把粪便收集日期填在表格上，并且确认您的个人资料是正确的。

7. Mail the FIT kit together with the reply slip back to Singapore Cancer Society, using the business reply envelope provided immediately after collecting your stool specimen.

   将粪便免疫化学检验器与表格放入所提供的回邮信封内，并在收集粪便样本后立即寄回新加坡防癌协会。

8. **Repeat steps 1 to 7 to collect the second sample with the second kit.**

   重复第一至七的步骤，使用第二个粪便免疫化学检验器收集第二个粪便样本。

9. You will be notified of your test results by post.

   您将通过信件得知您的检验结果。