

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。

Singapore Cancer Society Screening Services 新加坡防癌协会癌症筛查服务

Mammogram for Breast Cancer 乳房X光片，筛查乳腺癌



Human Papillomavirus (HPV) Testing for Cervical Cancer 人乳头瘤病毒 (HPV) 检测，筛查子宫颈癌



Pap Test for Cervical Cancer 子宫颈抹片检查，筛查子宫颈癌



Faecal Immunochemical Test (FIT) for Colorectal Cancer 粪便免疫化学检验 (FIT)，筛查结肠直肠癌



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SCS Cancer Rehabilitation Centre @ JEM Office Tower

SCS Satellite Office @ National University Cancer Institute, Singapore

SCS Satellite Office @ National Cancer Centre Singapore



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

Step-By-Step Guide 使用指示



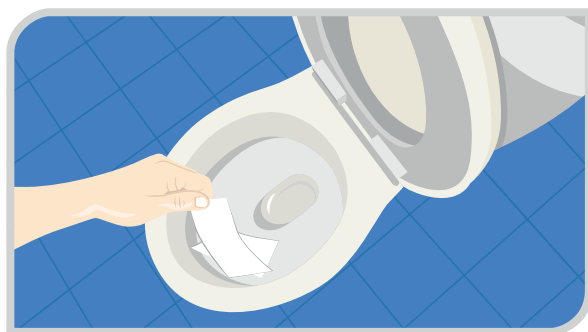
The Faecal Immunochemical Test (FIT) is a preliminary test for colorectal cancer that tests for the presence of blood in stool. This test should be done annually.

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。

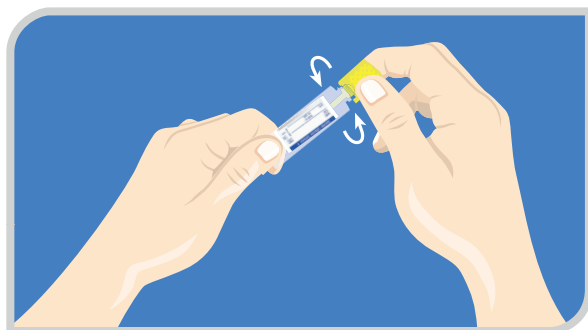
Each participant will receive 2 FIT kits and is required to perform 1 test each on 2 consecutive days or any 2 days within 1 week.

每位参与者将收到两份粪便免疫化学检验器，必须连续两天或在一周内的其中两天进行两次检验。

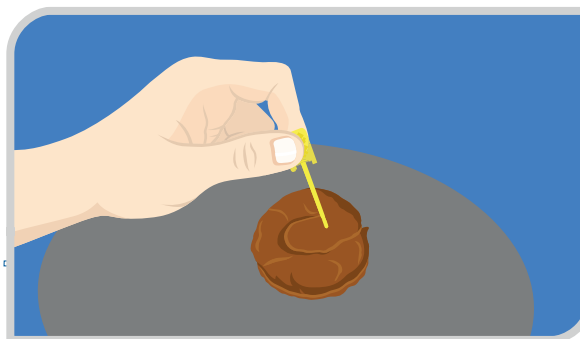
HOW TO USE THE FIT KIT 怎样使用粪便免疫化学检验器



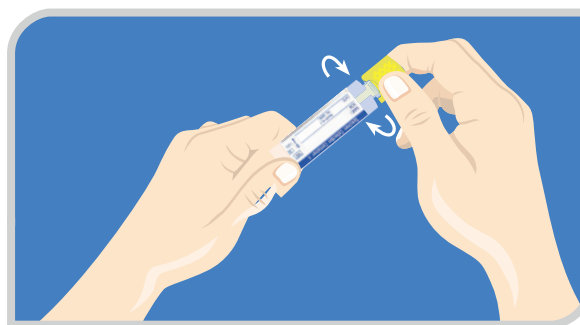
- 1 Collect your stool on clean toilet paper. The stool must not come into contact with water or urine.
使用干净的厕纸收集粪便。请不要让粪便样本接触到水或尿液。



- 2 Twist and pull the tab to take out the sampling probe from the FIT Kit.
扭开瓶盖，从粪便免疫化学检验器取出样棒。



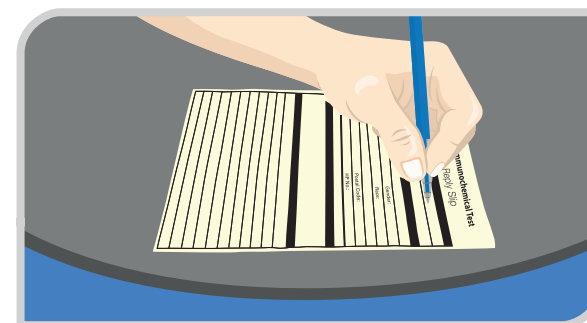
- 3 Poke the probe into 6 different areas of the stool.
在粪便六个不同位置插入样棒。



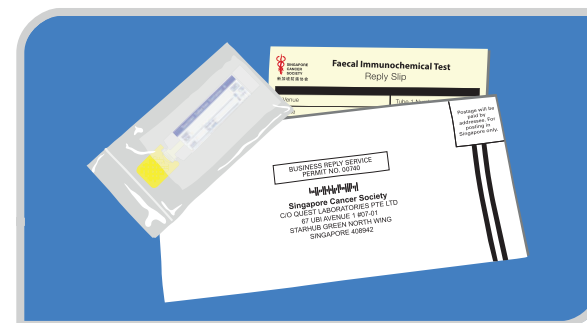
- 4 Return the sampling probe back to the FIT kit and secure the tab by twisting it to close it. Shake the kit several times.
把取样棒插回粪便免疫化学检验器里，转紧瓶盖。然后把它摇匀。



- 5 Use the absorbent pad to wrap around the FIT kit and place them into the 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，并且将它放入所提供的封袋内。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 within 2 days of 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，并在收集粪便样本的两天内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。

Scan the QR code to watch the video on "How to Use a FIT Kit"
请扫描以下 QR Code 观看如何进行检验。

English Video



华语短片

