

FIT CRC Screening FAQ

Q. Why is FIT testing necessary?

A. The fecal immunochemical test (FIT) is necessary because it screens hidden blood in the stool, which can be an early sign of colon cancer (CRC). Although colon cancer is one of the deadliest forms of cancer, it can be cured if detected early. Early treatment dramatically increases a patient's chance of survival.

Q. Why is a FIT performed?

A. A FIT is performed to look for blood in the stool that one cannot see with the naked eye. Blood in the stool may be an early sign of cancer. This screening helps to detect cancer at an early stage and hence effective treatment can start before cancer develops or spreads.

Q. How is the OC Auto® FIT Test different from other FIT Test?

A. OC Auto® FIT is the only FIT Test on the market to be recognized as the gold standard of FIT Test by the US Preventative Services Task Force(USPSTF), CDC and the American College of Gastroenterology.

Q. How many samples are required for the FIT test?

A. Unlike FOBT, where multiple stool collections are required, FIT requires only a single sample for colorectal cancer screening.

Q. When should a patient avoid using OC Auto® FIT?

A. When they are experiencing menstrual bleeding or bleeding from hemorrhoids.

Q. Does FIT require any medicinal restrictions?

A. No, using FIT does not require medical restrictions or changes.

Q. What amount of sample is required to perform the test?

A. The grooved portion of the sample probe holds approximately 2 milligrams of stool. The entire grooved portion of the sample probe must be covered with stool prior to inserting the sample probe into the buffer and tightening the sample bottle cap,

Q. Does FIT test require fecal handling?

A. The FIT test does not require fecal handling. Rather, the samples are taken by using the probe to scrape and collect the stool sample. Later it is returned to the health practitioner or laboratory

Q. What is the benefit of the Fecal Immunochemical Test (FIT)?

A. Fecal Immunochemical Test is beneficial for the following reasons:

- It is easy to use.
- It can be done in the privacy of a home.
- It is non-invasive.
- It requires no dietary restrictions.
- Increase patient compliance

Q. Is the FIT test effective for detecting colon cancer?

A. OC Auto® FIT detects only blood from the lower GI tract where polyps and colon cancer develop. In clinical studies, OC Auto® FIT demonstrated a sensitivity for colon cancer of 84%.¹ and a specificity of 94.3%.²

Q. Is a fecal immunochemical test effective for repeated testing in a group based setting?

A. According to research conducted by Kaiser Permanente Northern California (KPNC) and Southern California (KPSC), over 4 rounds of annual screening was conducted to assess the performance characteristics of FIT. The research indicated that the test's positivity, predictive values, and sensitivity declined slightly after the first round and then remained relatively steady. They also had a 32% reduction in the incidence of Colorectal Cancer.³ This indicates that annual strategic FIT screening is feasible and effective for colorectal screening in a large community based setting.

Q. How do I order FIT CRC Test?

A. Spectrum Health, Spectrum Health Medical Group, Spectrum Health Community Connect and Spectrum Health EpicCare Link users, via Epic, order Test #LAB1230599 Occult Blood CRC Screening. Interfaced offices, order test #1230599, if this test is not available in your EMR, please contact your vendor and the Spectrum Health eShare team. All other providers, please use the Spectrum Health General Laboratory Requisition to order.

All providers please include a printed copy of the order with the kit.

¹ Castiglione et. al J Med Screen 2000, 7:35-37

² Levi et. al. Ann Intern Med 2007;146(4);244-255

³ [Health Affairs Blog](#) March 24,2017