

Get the **FIT** Facts

FIT (Fecal Immunochemical Test)* Facts

The Maine CDC Colorectal Cancer Control Program is committed to reducing the burden of colorectal cancer through education and improved access to screening.

It has been shown that patients are strongly motivated to get screened when they understand that...

- Colorectal cancer is the second-leading cause of cancer-related deaths in the United States.
- Screening can lead to prevention of colorectal cancer and can save patients' lives by finding and removing pre-cancerous polyps.
- Screening can also help find the disease in early stages and greatly improve the chance of beating the disease.

FIT has high sensitivity for colorectal cancer, requires no diet or medication restrictions, and is performed in the privacy of the patient's home.

FIT can help increase your colorectal cancer screening rates.

Why FIT vs. guaiac FOBT?

FIT is an improved fecal occult blood test (FOBT) with higher sensitivity and specificity when compared to original guaiac tests. And because FIT uses antibodies specific for human hemoglobin, it does not require dietary restrictions.

Improved Compliance.

FIT is a great way to increase colorectal cancer screening rates in your practice. It's convenient; easy-to-use and can help your patients overcome many of these common barriers to colonoscopy:

- Time Constraints
- Transportation
- Lack of Insurance

Focus groups have provided evidence that patients are particularly responsive to the following specific phrases:

- Colorectal cancer is the second-leading cause of cancer-related deaths.
- Screening for colorectal cancer can save your life.
- When colorectal cancer is caught early, full recovery is nearly 100%.
- FIT tests are easily performed at home.

**Also called immunochemical Fecal Occult Blood Test (iFOBT), NOT to be confused with the original guaiac FOBT.*