



what does the fit test detect

The FIT (fecal immunochemical test) detects tiny, hidden amounts of human blood in stool, which can be a sign of colorectal cancer or pre-cancerous polyps in the colon or rectum.^{[1] [2] [3] [4]}

What FIT actually detects

- FIT uses antibodies to look specifically for human hemoglobin (blood) in a small sample of your stool.^{[5] [4] [1]}
- It detects blood that is invisible to the naked eye (occult blood), usually coming from the lower intestine (colon or rectum).^{[3] [6] [4] [1]}
- A positive result means blood was found; this can be caused by colorectal cancer, pre-cancerous polyps, or benign conditions like hemorrhoids or anal fissures, so further investigation (usually colonoscopy) is needed.^{[2] [7] [6] [8] [9]}

What FIT does *not* do

- It does not diagnose cancer; it only signals that there is blood present and more testing is required to find the cause.^{[6] [9] [1]}
- It does not reliably detect bleeding from the upper GI tract (stomach, small intestine) because it is designed to pick up blood from the lower bowel.^{[4] [1]}
- It is not a general stool test for infections, inflammation, or microbiome composition; it is focused on occult blood related to colorectal disease.^{[1] [2] [4]}

Are you asking about the colon cancer screening FIT kit you do at home, or a different type of “fit test” (for example N95 mask fit testing)?

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1. <https://medlineplus.gov/ency/patientinstructions/000704.htm>
2. <https://www.cancercareontario.ca/en/types-of-cancer/colorectal/screening/fit-instructions>
3. <https://www.bccancer.bc.ca/screening/colon/how-it-works/what-is-the-fit>
4. <https://www.mayoclinic.org/tests-procedures/fecal-immunochemical-test/about/pac-20591374>
5. <https://cancer.ca/en/cancer-information/find-cancer-early/get-screened-for-colorectal-cancer/how-a-stool-test-can-help-find-colorectal-cancer>
6. <https://www.quebec.ca/en/health/health-issues/cancer/colorectal-cancer-colon-and-rectum/colorectal-cancer-screening-colon-and-rectum>
7. <https://www.lifelabs.com/oncology/fit-testing/>

8. <https://www.cancerresearchuk.org/about-cancer/tests-and-scans/fit>
9. <https://www.bccancer.bc.ca/screening/Documents/Abnormal-FIT-Fact-Sheet-English.pdf>
10. <https://myhealth.alberta.ca/Health/Pages/colorectal-cancer-screening-with-FIT.aspx?hwid=H9E308bpCv>
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