

# COMPENDIUM

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## **Answers to Participant Webinar Questions**

June 20, 2023

Is your patient fit for FIT?

An overview of fecal immunochemical testing for colorectal cancer screening in Manitoba

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TUESDAY JUNE 20, 2023, 12:00-13:00

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## Colorectal Cancer Screening Changes

### What are the goals of cancer screening?

- Reduce the incidence and mortality from cancer.
- Detect disease at an earlier stage before signs and symptoms are apparent.
- Target a specific **asymptomatic** population in order to maximize the potential benefits and minimize the potential harms of a cancer screening test.
- Deliver screening in the context of a population-based program whereby mechanisms are in place to communicate with the target population, and facilitate abnormal result test follow-up and treatment if needed.

To read more about cancer screening, criteria needed for a screening program to be created, and informed consent around cancer screening see:

[Strong et. al. \(2005\). Current concepts in screening for noncommunicable disease: World Health Organization Consultation Group Report on methodology of noncommunicable disease screening. \*J Med Screen\*; 12:12-19.](#)

### What the benefits of using FIT over the gFOBT?

- FIT requires one sample instead of six samples.
- A FIT kit is easier for patients to complete.
- Compared to gFOBT, there tends to be increased participation in populations that use FIT.
- The FIT is more sensitive for detection of colorectal cancer and advanced adenomas.
- The FIT only detects intact (undigested) human hemoglobin, and is generally is more specific for colonic bleeding rather than upper GI bleeding.
- There are no dietary or medication restrictions required when completing the FIT.
- Due to the increased sensitivity of FIT, it can be used as a screening option to colonoscopy for some patients at a lower risk for colorectal cancer and for surveillance of those with low risk adenomas.



### Why is Manitoba making the shift to centralize all colorectal cancer screening test access?

The benefits to centralizing all colorectal cancer screening in Manitoba to ColonCheck are numerous.

- Allows ColonCheck to invite and recall all eligible individuals at appropriate intervals to participate in colorectal cancer screening and improve program effectiveness.
- Promotes the appropriate and consistent use of FIT for colorectal cancer screening and adherence to the ColonCheck Screening Guidelines.
- Reduces the number of low-yield, average-risk colonoscopies.
- Provides consistent delivery of healthcare to all individuals in the province.

## What changes should I highlight to my patients?

- If they have a gFOBT, they should complete it as soon as possible and send it in.
- If they have a FIT, they should complete it as soon as possible. Also highlight:



Write the date you collected your sample on **both** places on the Return Form.



Peel the label from the Return Form and firmly place on the collection device.



Include in the return envelope the:

- labelled kit, and
- Return Form.



On the same or next day, **drop kit off at Canada Post Office** (not mailbox), **Shared Health Lab, Nursing Station or Health Centre**. A list of Shared Health Lab sites is available online at <https://sharedhealthmb.ca/services/diagnostic/locations/>

## Kit Access

### Will FIT kits continue to be available from our local lab?

No. There are three ways to access a FIT kit from ColonCheck:

- ColonCheck will automatically send a kit to all eligible Manitobans once they turn 50 years of age.
- Patients can request a FIT to be sent to them by contacting ColonCheck. No healthcare provider referral is necessary.
- Healthcare providers can request a kit by completing a Fecal Immunochemical Test (FIT) requisition available at [www.cancercare.mb.ca/screening/hcp](http://www.cancercare.mb.ca/screening/hcp)

ColonCheck will automatically send a repeat FIT in 2 years to all eligible patients who completed a FIT test with a normal result (screening interval based on ColonCheck Screening Guidelines)

### If my patient completed an FOBT in the last two years, should I request a FIT now?

No. ColonCheck will send them a FIT when they are due to repeat the test.

### I am a nurse. Can I request a FIT for my patient using the Fecal Immunochemical Test Requisition?

Yes. Any clinician (nurse, nurse practitioner, physician assistant, clinical assistant, physician) can complete the request on behalf of their patient as long as the patient consents.

### After I submit a FIT Requisition, how long will it take to receive the kit either at my clinic or by the patient?

**Fecal Immunochemical Test (FIT) Requisition**  
Colorectal cancer screening and surveillance

It is provided for colorectal cancer screening and surveillance purposes only. It is not to be used as a diagnostic test. For more information on colorectal cancer screening and surveillance, visit us at [www.cancercare.mb.ca/colorectal](http://www.cancercare.mb.ca/colorectal).

**PATIENT INFORMATION**

First Name	Last Name	Sex
First Name	First Name	Female
Address	City	Province
City	Postal Code	Phone Number

**HEALTHCARE PROVIDER INFORMATION**

Physician	Physician Number	Physician Name
Physician	Physician Number	Physician Name
Physician	Physician Number	Physician Name

**OPTIONAL**

Check for "I" (request for FIT mailed to the patient) as indicated on the requisition form for patient kit.

**INDICATION FOR TEST - CHECK ONE BOX**

<input type="checkbox"/> Screening - Average Risk	<input type="checkbox"/> Screening - Increased Risk	<input type="checkbox"/> Other
<input type="checkbox"/> Age 50 to 74	<input type="checkbox"/> Family history of colorectal cancer or adenomatous polyps	<input type="checkbox"/> Colorectal cancer or adenomatous polyps
<input type="checkbox"/> Age 75 to 85	<input type="checkbox"/> Family history of colorectal cancer or adenomatous polyps	<input type="checkbox"/> Colorectal cancer or adenomatous polyps
<input type="checkbox"/> FIT request for people 85 years and older will be declined.	<input type="checkbox"/> Family history of colorectal cancer or adenomatous polyps	<input type="checkbox"/> Colorectal cancer or adenomatous polyps

**Fax requisition to ColonCheck at 204-774-0341**

**COLONCHECK TO COMPLETE - PATIENT NOT ELIGIBLE REASON**

Not eligible within 2 years

Increased risk and other indication - colonoscopy within 3 years

Average risk - colonoscopy within 10 years

Does not meet age criteria (average risk)

Other

Your patient or clinic should receive their FIT within 2 weeks of ColonCheck receiving the test request.

**What do we do if we need to test stool for occult blood for reasons other than screening?**

FIT should not be used for diagnostic purposes. ColonCheck does not provide FIT for reasons other than colorectal cancer screening.

**How long will the lab continue to process a gFOBT if a patient still has a gFOBT at home?**

- Shared Health Labs will continue to analyze gFOBT tests until September 18, 2023. After this time the FOBT will be removed from the Shared Health requisition form.
- Dynacare will continue to accept gFOBT requests until September 29, 2023 and patients will be able to return gFOBT cards that were previously issued. After September 29th, all gFOBT requests will be rejected and an appropriate comment will be provided to obtain a FIT instead. Going forward, gFOBT will be removed from new Dynacare Manitoba test requisitions.

**Can FIT be used instead of a colonoscopy for colorectal cancer screening?**

FIT is the preferred test for average-risk colorectal cancer screening and may be used in other lower-risk indications as stated in the [ColonCheck Screening Guidelines](#).

**My patient is 86 years of age and very healthy and active. Can I request a FIT for this patient?**

No. Screening individuals age 86 and over is not recommended. They are unlikely to benefit, in particular if they are up to date with screening and previously had negative testing. Potential harms of screening may outweigh any survival benefit in this age group.

**Some of my patients have challenges that limit the likelihood that they will successfully complete the FIT at home. Can I give a FIT directly to my patient in my clinic office?**

Yes. ColonCheck recognizes that sending kits by mail to every patient is not ideal in all circumstances. For this reason, a provider can request the kit be sent to the clinic so the provider can provide instruction to the patient and give them the FIT. To do this, complete the Fecal Immunochemical Test Requisition Form and check off the OPTIONAL box as follows:

<b>OPTIONAL</b>
<input checked="" type="checkbox"/> Check here if you want the FIT mailed to the healthcare provider address indicated above for patient pickup.

**My patient has no family or personal history of risk factors that would put them at an increased risk for colorectal cancer. My patient/I would prefer them to have a colonoscopy instead of doing a FIT. Can I request a colonoscopy instead?**

FIT is the preferred test for colorectal cancer screening in average-risk individuals. Where colonoscopy is deemed to be the more appropriate screening test for an individual, a referral can be made directly to an endoscopist who can assess the suitability for colonoscopy in lieu of a FIT.

**If my patient's kit expires or it is lost/damaged, how can they get a new one?**

Patients can request a new kit:

- online at [www.cancercare.mb.ca/coloncheck](http://www.cancercare.mb.ca/coloncheck) , or
- by calling ColonCheck at 1-855-95-CHECK (1-855-952-4325). Interpreter services are available upon request.

**Can I analyze my patient's kit at our clinic lab?**

No. All specimens need to be mailed for laboratory analysis.

**What happens if I have a patient under age 50 who is at increased risk of colorectal cancer and should be screened with colonoscopy?**

Make a referral to Central Intake for a colonoscopy using your regional health authority's Endoscopy Intake Referral Form.

## **Results**

**How will the lab notify me of my patient's FIT result?**

You will receive the result via fax from the lab.

**How long will it take from the time a FIT is submitted to the lab to receive a result?**

Within 2 business days.

**Will results be available in echart?**

Not at this time. Planning is underway to send FIT results electronically to eChart and EMRs in winter 2023/24.

**How can I find out when my patient was last screened for colorectal cancer?**

Complete the [Request for ColonCheck History form](#) and fax to ColonCheck.

## Follow-Up

### Can my patient be referred to the endoscopist of my choice?

Contact ColonCheck if you would like your patient referred to a specific endoscopist or site. Going forward, ColonCheck will make all referrals for colonoscopies following an abnormal FIT result.

### How do I facilitate transportation for my patient's colonoscopy?

- ColonCheck does not facilitate transportation. ColonCheck does send an appointment letter to the patient and their provider.
- In First Nation communities with a Nursing Station, the appointment letter is sent to the Nurse in Charge if the patient identifies the Nursing Station as their local health provider. The Nursing Station then coordinates travel for the patient as per their usual process.
- In rural/remote communities, the regional transportation policy is used for facilitating transportation for follow-up testing.

### Is a FIT appropriate follow up for an incomplete colonoscopy? Incomplete colonoscopy may be due to patient intolerance to the procedure, poor bowel preparation or technical difficulties.

- FIT is not a replacement for a diagnostic colonoscopy.
- It is important to consider the reason for the original referral to colonoscopy. FIT may not be an alternative.
- All abnormal FIT results require further investigation to rule out colonic pathology.
- If the patient cannot or will not complete a colonoscopy or the bowel prep required for a colonoscopy, other testing can be explored. Please discuss this with your gastrointestinal endoscopist
- A repeat FIT, regardless of the result, is not appropriate follow up for an abnormal FIT or gFOBT and does not alter the need for colonoscopy.

## ColonCheck Resources for Healthcare Providers:

- [ColonCheck Screening Guidelines](#) (pdf)
- [Clinical Practice Change](#) (pdf)
- [Fecal Immunochemical Test \(FIT\) Requisition Form](#) (pdf)
- [Fecal Immunochemical Test \(FIT\) Requisition Completion Instructions](#) (pdf)
- [ColonCheck Resource References](#) (pdf)
- [ColonCheck webinar recording](#) entitled *Is your patient fit for FIT? An overview of fecal immunochemical testing for colorectal cancer screening in Manitoba.*
- [CancerCare Manitoba Screening Information for Healthcare Providers](#)
- If you have questions email [screening@cancercare.mb.ca](mailto:screening@cancercare.mb.ca)