



Ordering FIT At-Home Colorectal Cancer Screening Tests*

Fecal immunochemical test (FIT) is an at-home, stool-based colorectal cancer screening test, which is less invasive and more convenient for eligible patients.

SelectHealth promotes FIT testing as early detection:

- > **Improves outcomes**—Almost 88% of adults diagnosed with colorectal cancer at an early stage live for 5 years or more, compared to only 16% of those diagnosed with late-stage cancer.¹
- > **Reduces long-term treatment costs**—Increasing screening prevalence to 70% could reduce Medicare spending by \$14 billion (measured in 2010 U.S. dollars) in 2050.²

Anyone testing positive should follow up with a colonoscopy test as soon as possible. Providers should assist patients with a positive FIT result to schedule a follow up colonoscopy test as soon as possible. Call the Member Advocates team at **801-442-4993** (Salt Lake area) or **800-515-2220** for assistance.

WHO SHOULD HAVE FIT TESTS AND HOW OFTEN

When appropriately screened for the conditions listed below, a patient can participate in FIT testing each calendar year.

Patients with the following conditions should **NOT** participate in FIT testing:

- > History of polyps
- > History of colon cancer
- > Hemorrhoids
- > Ulcerative colitis or Crohn's disease
- > Visible blood in the stool or on toilet paper
- > A previously positive FIT test

* These instructions apply to Utah providers. For providers outside of Utah, contact amy.bone@selecthealth.org for ordering options.

HOW TO ORDER FIT TESTS

Review and share these FIT test ordering and processing steps:

- 1 Make sure that your clinic is set up to use Intermountain lab services. Sign up by accessing our [Lab outreach services team](#).
- 2 Go to the [Central Lab website](#) to order FIT test kits. There, you can order online (or download an order form, complete it, and send it to client services).
- 3 Label the patient sample with patient information and include a requisition with the kit. The lab cannot process the sample if it is not identified properly and comes without an order from the patient's provider.
- 4 The patient can mail the test directly to the Intermountain Central Lab. Once Intermountain Central Lab receives and processes the results, they will report the results to primary care providers (PCPs) in the usual manner.

QUESTIONS?

- > **About ordering and processing FIT tests:** Contact either [Mandy Anderson, Intermountain Central Lab](#), or [Amy Bone, SelectHealth](#).
- > **About Polymedco**—the FIT kit used in our colorectal cancer screening program:
 - [FIT Kit FAQs](#)
 - [Physician site](#)
 - [Product video for patients](#) (step-by-step instructions for how to use the kit)

¹ Cancer Statistics Working Group. *U.S. Cancer Statistics Data Visualizations Tool*, based on 2021 submission data (1999–2019): U.S. Department of Health and Human Services, Centers for Disease Control and Prevention and National Cancer Institute; www.cdc.gov/cancer/dataviz, released in November 2022.

² Goede SL, Kuntz KM, van Ballegooijen M, et al. Cost-savings to Medicare from pre-Medicare colorectal cancer screening. *Medical Care*. 2015;53(7):630–638.