

## BIS 42: FAECAL CALPROTECTIN SAMPLE COLLECTION INSTRUCTIONS FOR THE PATIENT

Your Doctor/Practitioner has requested that you complete a faecal calprotectin test.

Calprotectin is a stool (poo) test that is used to detect inflammation in the intestines. The faecal calprotectin test will not tell us the cause of your problems but may be helpful in telling us whether it is inflammatory bowel disease (IBD) or a non-inflammatory disorder. The test can also be used to monitor IBD disease activity.

The result will be reported to your Doctor.

Non-steroidal anti-inflammatory drugs (NSAIDs), such as aspirin or ibuprofen, should be stopped for 4 weeks prior to collecting your sample. If you are taking NSAIDs or are unsure whether the medication you take is an NSAID please consult your GP before stopping the medication.

Please collect the sample on a day that you can return the sample to your GP practice or at the latest the following day.

### Items you will be given

- Calprotectin “CALEX” sample tube
- Small plastic bag to attach the sample to the form
- Pathology request form with four printed labels
- This instruction sheet

Peel off one of the four labels on the top half of the ICE form and attach to the sample tube.

Write the date you collected the sample on the tube and on the bottom half of the form.



There are a few different ways to collect your sample.

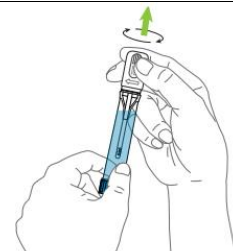
- use several layers of folded toilet paper or a paper plate
- catch the stool or poo in a clean disposable container
- use your hand covered in a small plastic bag / glove.



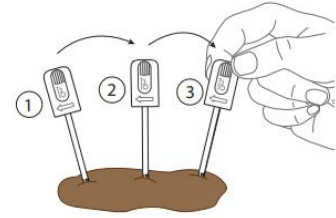
**It is very important the stool sample (poo) does not go into the toilet water.**

Once the sample has been collected, unscrew the **white** top of the sample tube by twisting anti-clockwise, keeping the tube upright.

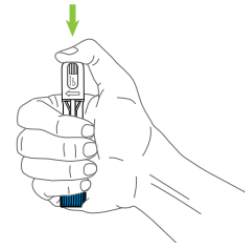
**Do not discard the liquid in the tube.  
Do not remove the blue cap.**



Dip the sampling tip with the grooves into the stool and twist before removing.  
Repeat at 3-5 different positions in order to fill the grooves completely.



Put the poo-covered stick back into the tube and click the lid securely in place. Check it is secure with no liquid is leaking.



Place the sample tube into the plastic bag. Peel off the self-adhesive strip and seal the bag containing the sample to the top half of the request form.



Discard the rest of the stool in the toilet together with any toilet paper.  
Place disposable containers or anything else used to collect the sample into a plastic bag, tie securely and put straight into the dust-bin.

### **Wash your hands!**

Return the tube and form to your GP practice as soon as possible, ideally on the same day as sample collection.

If this is not possible, store the sample in a cool, dry place away from direct sunlight, and drop off no later than the following day.

**Sample tubes which are unlabelled or undated, or requests in the incorrect container, will not be processed and will have to be repeated.**

The GP practice will forward it to the Laboratory and your results will be reported within 2 weeks.

### **Additional information**

For information on Calprotectin and other laboratory tests go to <https://labtestsonline.org.uk/>