

AUG
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Faecal Calprotectin Test: Step-by-Step Patient Instructions

Before You Begin

Your GP has asked you to complete this test as soon as possible. If you've received a printed request form with barcoded sample labels with your test kit, place the label onto the tube provided (see correct labelling) and clearly write the sample collection date on the label.

If only a BLANK container label has been included in your test kit, clearly write your NAME, DOB, NHS NUMBER and DATE OF SAMPLE COLLECTION on the label in black or blue pen and place correctly on the tube (**see Step 5**).

What Is The Test?

A Faecal Calprotectin Test is an investigation that uses your stool (poo) to detect any inflammation of the intestines and identify any potential signs of inflammatory bowel disease (IBD) and irritable bowel syndrome (IBS).

- You should complete the test and return this to your GP practice as soon as possible, ideally within 7 days.
- The kit includes a small plastic container. Please follow the step by step instructions to collect your stool.
- The plastic container contains liquid preservative.
DO NOT pour this away.
- Please tell your GP if you are due to travel or go on holiday.

How to Collect a Sample

Collecting your sample is very simple and hygienic and we only need a small amount of stool for the test. Please follow the instructions shown on the next 2 folds of this leaflet. It is essential that your stool sample does not touch the toilet water.

There are different ways to collect your stool:

- Hold folded lengths of toilet paper in your hand or place in the toilet bowl to catch the sample.
- Put a small, disposable plastic bag/glove over your hand.
- Poo into a clean, disposable container lined with a sheet of toilet paper so that you can easily dispose the stool after.

STEP 1

Clearly write your full name, age / DOB and sample collection date on the sample container



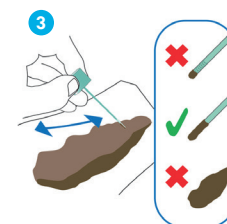
STEP 2

Collect a stool sample by using one of the methods described in the "How to Collect a Sample" section



STEP 3

Unscrew the top of the sample tube and collect sample by scraping the green stick along the stool until ALL the grooves are covered. We only need a little stool sample to test - please do not add extra!



STEP 4

Put stick back in container and 'click' the green cap to close it. Do not repeat the collection. Flush toilet paper and wash hands after use.



STEP 5

Return the sample to your GP or hospital clinic as soon as possible.



DO NOT put the barcode label at an angle or across the sample tube.



Ensure the barcode is fully readable on one side of the sample tube.