

Faecal Calprotectin Test

Stool Sample Collection Instructions

Your GP has asked you to provide a sample of your stool (bowel motion) to be tested for faecal Calprotectin (FCP). This will help your GP to know whether your bowels are inflamed or not.

Some tablets and medicines can affect the result (especially anti-inflammatory tablets like Ibuprofen, Naproxen or Diclofenac), giving a false reading.

If you are taking any of these medications please mention this to your GP/Clinician as they may be required to stop this on a temporary basis.

Collecting the stool sample

You have been given a plastic collection pot with a small spoon attached to the lid.

It is important that the bowel motion you take the sample from has not been in the toilet bowl, as this could affect the test result. It is also important that the sample does not come into contact with any toilet cleaner or freshener products.

Suggested ways to catch your sample are:

- Folded pieces of toilet paper
- Your hand covered in a small plastic bag
- A clean disposable container

Using the sample pot provided, unscrew the lid and use the attached spoon to collect a sample of the motion. A sample of about 2cm in diameter is required (about the size of a small walnut). It is important that sufficient sample is provided; otherwise the test may not be able to be completed.

Carefully transfer the sample into the container and screw the lid on tightly.

Write the date you collected your sample on the pot label. This is most important because if the sample is too old (over 7 days) when it gets to the lab it cannot be tested.

The sample should then be taken to your GP surgery as soon as possible and within 3 days of collecting it, from where it will be transported to the pathology lab.

Ensure that your hands are washed thoroughly, and that any dirty equipment is disposed of safely.