

Faecal Calprotectin Test

Important - Please Note: *Keep the CALEX Cap Sample Tube you have been provided with in the fridge until you are ready to use it.*

Your Test

You have been asked to do a calprotectin test because this helps your clinician understand if there is inflammation in your digestive system that may need further investigation or treatment.

The identification of inflammation helps clinicians differentiate between different types of bowel disorder so that an appropriate treatment plan can be determined.

For example, it can indicate if your symptoms are a result of Irritable Bowel Syndrome (IBS) or conditions such as Ulcerative Colitis or Crohn's Disease.

If You Are Taking Medication

Some medication, such as non-steroidal anti-inflammatory drugs (e.g. aspirin or ibuprofen) and proton pump inhibitors, can cause an increase in the faecal calprotectin concentration in your digestive system. Ideally you should stop taking these drugs at least a couple of weeks before testing for faecal calprotectin. However, always consult your doctor before stopping any prescribed medication.

What Type of Sample is Required?

A faecal sample gives a direct indication of what is happening inside the gut. It is advisable to use the first bowel movement of the day because this has been in the gut overnight and is likely to contain the highest level of calprotectin, if it is present.

If urgency is a problem, then it is advisable to prepare the bathroom the night before, for collection of the sample first thing in the morning.

If it is not possible to collect the first bowel movement of the day, then you should use a sample that is taken several hours after the previous motion, as rapid transit through the gut can cause artificially low results.

Key Things to Remember

- The faecal sample must not come into contact with the toilet water because this may contain bleaches and disinfectants, that will interfere with the test.
- Do not get urine in the sample as this will just dilute the sample, potentially resulting in falsely low results.

Please turn over for further instructions....



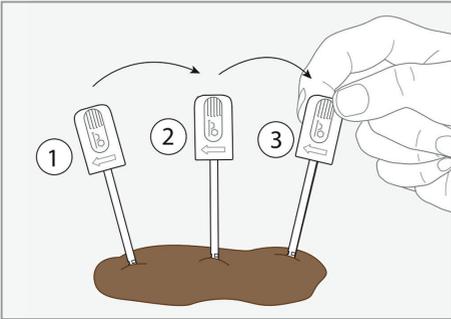
How to Collect Your Sample



1 COLLECT THE FAECAL SAMPLE

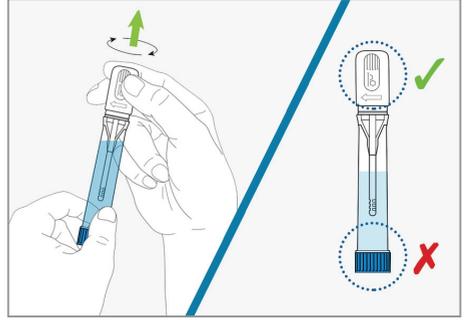
There are a number of ways to collect your faecal sample:

- A clean take away container, paper or foil plate.
- **Loosely** draped cling film placed over the toilet towards the back to form a dip. (Do not flush after use).
- A plastic bag or glove covering your hand.



3 TAKE THE SAMPLE

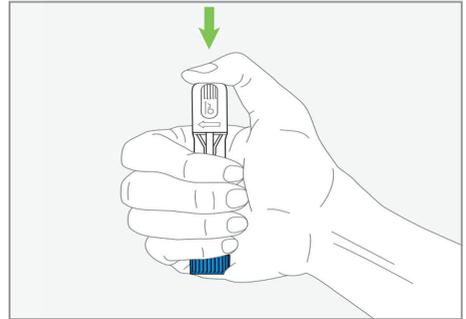
Dip the sampling pin into the faeces and twist. Repeat this process three to five times in different places in the sample so that the grooves are completely filled.



2 PREPARE THE CALEX CAP DEVICE

Holding the CALEX Cap tube with the white cap pointing upward remove the sampling pin by simultaneously turning clockwise and pulling up the white cap.

DO NOT UNSCREW THE BLUE CAP AT ANY STAGE



4 RE-SEAL THE CALEX CAP DEVICE

Replace the sampling pin back into the CALEX Cap tube and push firmly into the locking position (you will feel and hear two clicks).

Please Return Your Sample Within 24 Hours