

# Faecal Calprotectin Test

## 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

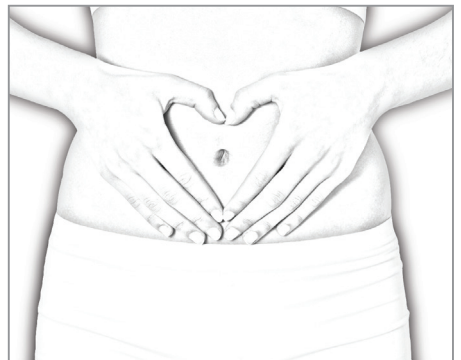
Some medication, such as non-steroidal anti-inflammatory drugs (e.g. aspirin or ibuprofen) and proton pump inhibitors, can cause an increase in the faecal calprotectin concentration in your digestive system. Ideally you should stop taking these drugs at least a couple of weeks before testing for faecal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



*Please turn over for further instructions....*

# How to Collect Your Sample

## 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.

There are a number of ways to collect your 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.



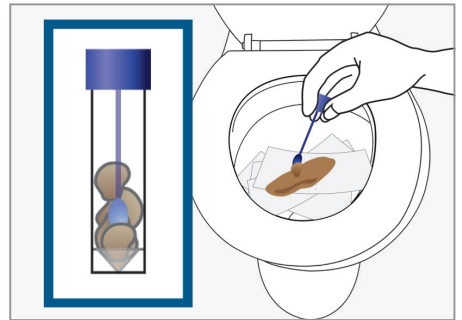
## How Much Sample is Required?

**Half fill** the sample container that you have been provided with faeces, preferably from different areas of the sample.

Calprotectin is not uniformly distributed in faeces, so if you only send in a small quantity you may not have any in the sample collected.

However, if the container is too full it may leak due to the pressure created during storage of the sample. This will make it difficult for the laboratory to process.

Make sure the lid of the container is secure.



## What to Do Once You Have Taken the Faeces Sample

Ensure the pot is clearly labelled and return it to the surgery or hospital as soon as possible for analysis, preferably within 24 hours of collection.

**Please Return Your Sample Within 24 Hours**