Guidance for Patients

Collection of Faecal Samples using the CALEX® Cap Device

PLEASE READ ALL INSTRUCTIONS CAREFULLY BEFORE STARTING

Please Note:

1. Keep the CALEX Cap device in the fridge until you are ready to use it.
2. DO NOT remove the blue cap from the CALEX Cap device at any stage.
3. The white cap on the CALEX Cap device is designed to open and lock only once, so DO NOT test before using.
4. Empty your bladder before collecting your faecal sample to ensure the collection paper does not become too wet.
5. It is recommended that stool from the first bowel movement of the day is used as it is likely to contain the highest concentration of calprotectin.
6. If you spill the liquid, DO NOT attempt to replace it. Instead, get a new CALEX.

Labelling the Sample Tube

Write your FULL name in BLOCK CAPITALS and the date you take the sample on the label of the CALEX Cap device.

For clarification, a video is available at http://youtu.be/iu4ULWKMiec or via scanning the QR code
Collecting Your Faecal Sample

1. Open the Fe-Col® faeces collection paper and place over the toilet seat, positioning it slightly towards the back and pressing it down gently to create a small sag as demonstrated in the pictures.

2. Using the toilet as normal make sure that your faecal sample is caught on the collection paper.

**N.B.**

If the sample misses the paper and falls into the water then you will need to collect a fresh sample. Do not retrieve from the water as this may affect the test result.
Using the CALEX Cap Device

1. Holding the CALEX device 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**

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

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

4. Return the CALEX Device to the local surgery within 24 hours where it will be transported to the laboratory for testing.
Disposal

Stool Type
Before disposing of the remaining faecal/stool sample, please record on your Specimen Record its consistency (Type 1, 2 or 3) and return this with the CALEX device.

The faecal sample can be disposed of by tearing the edges of the Fe-Col paper and allowing it to fall into the toilet. Wait a few minutes for the Fe-Col paper to absorb water before flushing away.

If you require further advice on using either the Fe-Col faeces collection paper or CALEX® Cap sampling device please contact:

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