

Stool sample for Faecal Calprotectin Test

Information for patients



Stool sample collection- introduction

We have asked you to provide a sample of your stool (bowel motion) to be tested for faecal calprotectin (FCP). This will help us 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 you need to stop taking them for four weeks before you do the test

Collecting the stool sample

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

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 stool sample are:

- Folded pieces of toilet paper
- Your hand covered in a small plastic bag
- A clean disposable container
- Place cling film over the toilet bowl.

Using the blue-topped sample pot, unscrew the lid and use the attached spoon to collect a sample of the bowel motion. The pot should be at least two thirds full in order for the lab to obtain a result. It is important that enough of the 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.

Please make sure the sample container has your name and date of birth on it, or a name label if this has been provided. Please write the date you collected your sample on the pot label. This is most important because the sample cannot be tested if it is too old (over 7 days) when it gets to the lab.

Place the container inside the plastic envelope and seal the envelope. The envelope should be either handed in to your GP practice or to the hospital clinic when you attend for a phlebotomy appointment.

Please do NOT send the sample in the post.

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

This information has been reproduced from: NHS Technology Adoption Centre (Faecal Calprotectin: *Faecal Calprotectin testing in Primary Care*)

