

Faecal Calprotectin

This test is used to determine if there is inflammation in your gut. This can be used to distinguish between different bowel disorders.

What sample is needed?

A poo sample. Ideally, the first bowel movement of the day.

To be provided by your clinician:

- 1 x Labelled CALEX® tube
- 1 x Patient instruction leaflet
- 1 x Plastic specimen bag

Make sure to remember...

1. To read these instructions carefully.
2. DO NOT unscrew the blue cap.
3. Do not allow poo sample to come into contact with toilet water.
4. Do not get urine or blood on the sample.

Checklist:

- ☐ Secure white cap (you will hear 2 clicks).
- ☐ Ensure tube clearly labelled, WITH YOUR full name, date of birth and date of sample collection.
- ☐ Place sample tube into plastic specimen bag and return to GP practice ASAP (within 24h).

DO NOT UNSCREW THE BLUE CAP

The CALEX® tube contains a liquid preservative which can cause allergic skin reactions. If rash occurs, seek medical attention. ***If any liquid is spilt from the tube, the test is invalid – discard and request a new tube from your clinician.***

The RUH, where you matter

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Collecting your faecal calprotectin sample using the CALEX® extraction tube



Collecting your sample

DON'T FORGET TO... Write the sample collection date on the tube label. Ensure your full name & date of birth is also correctly labelled on the tube.

1. Collect your sample

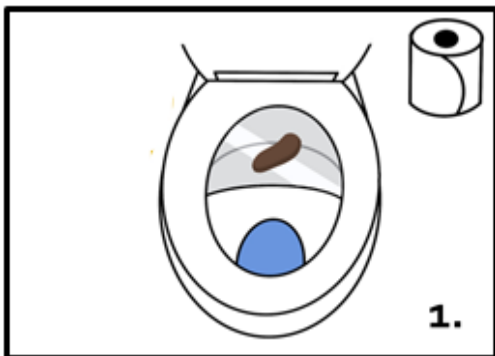
Choose a day that you can deliver the sample to your GP surgery within 24 hours.

Ideally, collect your sample from the first bowel motion (poo) of the day and when the poo is well formed (not liquid).

Take these instructions and the CALEX® tube with you to the toilet.

Sample collection can be done in various ways:

1. By loosely draping layers of toilet paper or cling film to catch your poo over the toilet (do not let your poo touch the water).
2. Using a clean container, paper / foil plate to catch your poo.

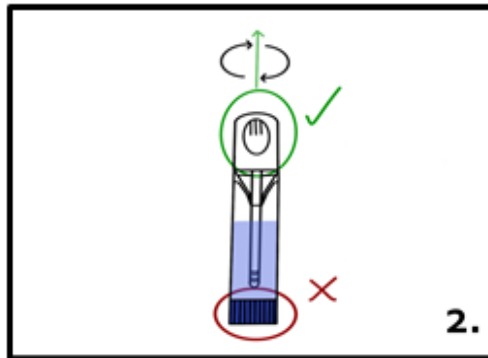


Do not move on to step 2 if the poo comes into contact with toilet water, urine or blood – try again another day.

2. Prepare CALEX® tube

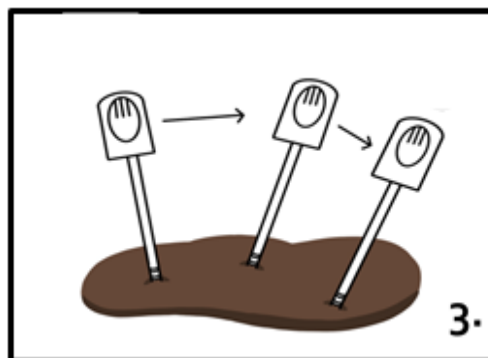
DO NOT UNSCREW THE BLUE CAP

Hold CALEX® cap tube with white cap pointing upwards, turn clockwise and pull white cap to remove sampling pin.



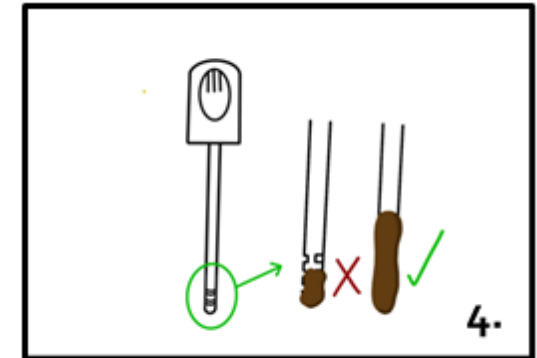
3. Take your sample

Dip and twist/pull or scrape the sampling pin into the poo 3—5 times, in different places, to fill all grooves at the end of the sampling pin.



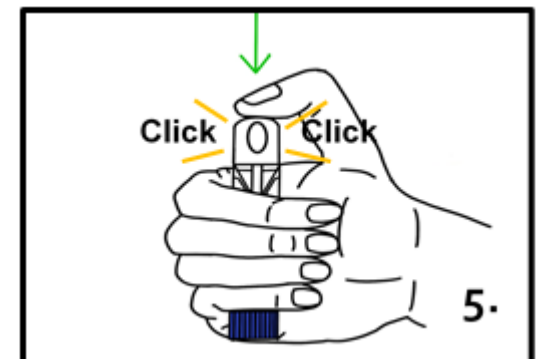
4. Check the sample

Ensure all grooves on the end of the sampling pin are filled all the way around.



5. Re-seal tube

Place sampling pin into CALEX® tube, pushing slowly until you feel and hear 2 clicks (little click followed by a big click).



6. ONLY DO THIS ONCE

Do not remove pin / repeat collection after closing the white cap. Return sample to GP in specimen bag within 24 hours for transport to the lab.