



<b>Patient Instructions</b>
-----------------------------

<b>Fecal Calprotectin Test</b>
--------------------------------

Your doctor has requested that you have a Fecal Calprotectin Test performed. In order to produce a meaningful laboratory test result, you must follow these instructions.

The following medication should be avoided for two (2) weeks prior to collection because they may cause an elevated result.

- Non-steroidal anti-inflammatory drugs (NSAIDs) which include (but not limited to):
  - Salicylate (Aspirin)
  - Ibuprofen (Advil, Motrin)
  - Naproxen (Aleve, Naprosyn)
  - COX-2 Inhibitors (Celebrex)

Before collecting the stool sample: Be sure to discuss all medications - prescription and non-prescription - with your physician. DO NOT discontinue medications without approval from your physician.

This test requires a stool specimen. Please obtain the "Stool Collection Kit" which includes the collection instructions and specimen container.

First read the collection instructions carefully, make sure you are prepared, and then follow each of the steps to ensure proper collection.

## Patient Instructions

### Stool Collection Instructions

You have been provided one or more of the following containers:

- Stool Culture with Transport Medium – Cary Blair (Pink Liquid)
- Ova & Parasites with Transport Medium – SAF Fixative (Clear Liquid)
- Clean Vial (No Liquid)

Fill all containers provided. Do not discard liquid.



- 1** Urinate into the toilet if needed.



#### PLASTIC WRAP

**2**

Lift toilet seat. Place sheets of plastic wrap (e.g. Saran Wrap™) over the toilet bowl, leaving a slight dip in the centre. Place the toilet seat down. Pass stool onto plastic wrap.



OR



- 3** Alternatively, use a clean bowl or sterilized bedpan. Do not let urine or water touch the stool specimen.



- 4** Using the spoon attached to the cap, place bloody or slimy/white (mucous) areas of the stool (if present) into container(s). Do not over-fill the container(s).



- 5** Container(s) with liquid:

Add 2-3 spoonfuls of stool until the liquid reaches the "FILL LINE". **Tighten cap(s) securely and shake to mix.**

Container that is clean and empty:

Add stool to the "FILL LINE". **Tighten cap securely.**



- 6** Wash hands with soap and water. Write Name, Date of Birth or Health Card Number, and Date and Time of collection on each container. Place container(s) into plastic bag(s) and seal.



- 7** Bring the container(s) back to the laboratory within 24 hours of collection. Delays may affect test results. Until specimens can be brought to the laboratory, store as follows:

CULTURE (pink liquid) - refrigerate

OVA & PARASITE (clear liquid) – room temperature

CLEAN (no liquid) – refrigerate