



In-Common Laboratories (ICL) Patient Collection Instructions for the Fecal Calprotectin Test

Your doctor has asked you to provide sample of your stool (bowel motion) to be tested for fecal calprotectin (FCP). This will help your doctor to 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 4 weeks before you do the test, but please consult with your physician prior to altering your medications. If you are taking aspirin, then you do not need to stop it.

Collecting the stool sample

Supplies in your kit: A small transport box, a plastic collection container, an applicator stick, a small bag for the container, a large sealable bag with sleeve, an ice pack, a Purolator express pack and a pre-paid Purolator shipping label. (If there is anything missing, please contact 416-422-3000 x 443).

Note: Before you collect your sample place the ice pack in the freezer so it frozen when you're ready to collect.

DO NOT COLLECT SAMPLES OVER THE WEEKEND (collect Monday-Thursday only)

Important: It's important that the bowel motion you take the sample from has not been in the toilet bowl, as this could affect the test results.

Suggested ways to catch your sample are:

- Folded pieces of toilet paper
- Your hand covered in a small plastic bag
- A clean disposable container
- Cellophane/clear plastic wrap on the seat of the toilet (loose so it dips into the bowl).

Instructions: Using the plastic collection container, unscrew the top of the lid and use the applicator stick to collect a sample of the motion. A sample about 2cm (10g) diameter is required (about the size a large walnut).

It is important that enough sample is provided; otherwise the test may not be able to be completed. Do not collect specimens from diapers as they may be contaminated with urine. Carefully transfer the sample into the container and screw the lid on tightly.

Labelling your sample: You **MUST** include the *date and time* you collected the sample, your full name (as it appears on your health card) and your Date of Birth. Specimens not labelled with these details will be rejected for testing. This information is required to properly identify the sample matches the requisition received for testing.



Sending your sample to ICL: After you've labelled the sample, put the container back into the small bag you received it in, then put it into the larger sealable bag with sleeve, place your requisition in the sleeve of the bag.

Take the frozen ice pack and place it at the bottom of the box (as received), then place your bagged specimen on top of the ice pack and close the box. Place the box inside the Purolator express pack, close it and then put the pre-paid label on the outside of the bag.

Drop bag off at a Purolator depot the same day as collected to be shipped to ICL for testing. Sample is only stable for 5 days refrigerated so must be shipped same day as collected to ICL.

Please send advance notification to: cathyandrusiak@iclabs.ca of the sample being shipped to ICL so the receipt can be coordinated with our specimen management team and then contact you to process payment.

NOTE: If you wish, you may drop your sample off directly at ICL (57 Gervais Drive, North York, On, M3C 1Z2) rather than shipping via Purolator. Please call ICL in advance to arrange the drop off 416-422-3000 ext. 443.

Payment: Calprotectin Price: \$77.00

*Payment will be made over the **phone by credit card** after the sample has been received at ICL and confirmed as suitable for testing.*

If you have further questions, please contact Cathy Andrusiak at ICL 416-422-3000 ext. 443

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