



STOOL COLLECTION | FECAL CALPROTECTIN TEST

Your prescriber has requested you collect your stools. **You are to perform this simple test at home.** Calprotectin is a substance released by white blood cells in the presence of inflammation.

EQUIPMENT REQUIRED

- Sterile container.
- Coffee/Popsicle stick (tongue depressor) or plastic spoon.
- Dry, clean container available at home, that you will discard after use, or transparent cling wrap (Saran Wrap).



Photo for reference purposes

INSTRUCTIONS

- Do not urinate while collecting your stools. Your stools must have no contact with your urine, toilet seat or toilet water.
- Do not use toilet paper to collect your stools.
- In order to comply with the analysis schedule of the laboratories CIUSSS de l'Estrie – CHUS and in order to guarantee the quality of the test results, make sure to organize your collection period with a view to delivering your samples from Monday to Friday inclusively.

HOW TO COLLECT A SPECIMEN

1. Wash your hands with soap and water for 20 seconds and then dry them.
2. Choose the collection method that suits you best among the following:

If you are using a container

- Choose a clean container that you will discard after use. Place the container on the closed toilet lid.

If you are using transparent cling wrap

- Firmly install one or two layers of transparent cling wrap (Saran Wrap) under the toilet seat, leaving a depression in the centre.



3. Do your bowel movement.
4. Using the coffee stick or spoon, transfer a walnut-sized stool sample into the sterile container. Do not use toilet paper to collect your stools.
5. Close the container lid.

LABELLING THE CONTAINER

- Make sure the following are labelled on the container:
 - your last name and first name;
 - your medical insurance number (RAMQ);
 - the sample type and site, when applicable (e.g.: throat, sputum, right ear, etc.).
- Write the **DATE AND TIME** the sample was taken on the designated label, taking care not to write on the bar code.
- Note the hours as follows:
 - 11:59 p.m. to indicate midnight;
 - 8:00 a.m. to indicate the morning.
- Make sure that all of the information is exact, clear and legible.
- Samples that do not contain all of the information will not be analyzed in the laboratory.

WHEN AND WHERE TO RETURN YOUR SPECIMEN

- To guarantee the quality of the test, return the container(s) in a sealable waterproof bag at room temperature within a maximum of one hour.
- If you cannot return your containers within this deadline, keep them for up to 24 hours in the refrigerator (4 °C). Do not put your containers in the freezer.
- Remember to bring the prescription given to you by your prescriber, if applicable.
- Put your container bag in a second bag and insert your prescription.
- Return your containers to a CIUSSS de l'Estrie – CHUS collection centre. To learn more about locations and business hours, visit santeestrie.qc.ca/sampling.

DO YOU HAVE ANY QUESTIONS?



santeestrie.qc.ca/sampling



Info-Santé 811

OR

Speak to your prescriber.

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