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Centre intégré  
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# User Instructions Fecal Calprotectin

Clinical Department of Laboratory Medicine

OPTI-DE-007



Your doctor has prescribed a fecal calprotectin test and asked you to take a stool sample.

Calprotectin is a protein produced by neutrophils (white blood cells) during inflammation. When inflammation occurs in the digestive tract, neutrophils secrete large quantities of calprotectin, which end up in the stool.

This brochure explains the steps to follow.

## MATERIALS REQUIRED

- Sterile container
- Wooden sticks
- For collection, you can use a clean container or plastic wrap (e.g., Saran Wrap).



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## INSTRUCTIONS

- The stool must not touch the toilet water or your urine.
- Do not use toilet paper to collect the stool.
- Patients who wear diapers should collect their stool directly from the diaper.

## SPECIMEN IDENTIFICATION

If not already marked on the container, **clearly** write the following information on the label:

- Your last and first name
- Your personal reference number (medical file number or health insurance number)
- The date and time of sampling

## STORAGE

- Store your samples in a plastic zip-lock bag.
- Keep your samples **refrigerated (4 °C). Do not freeze.**
- **Return samples within 24 hours.**

## RETURN OF SAMPLES

- Return your specimen to the place you were instructed to return it, i.e., the specimen collection centre at the hospital, the local point of service (LPS) or another location.
- When returning the samples, remember to bring **your hospital card or RAMQ card** as well as **your prescription, if necessary.**

# Sampling method

## STEPS TO FOLLOW

1. Choose the collection method that works for you:
  - A container, or
  - Plastic wrap: Place one or two layers of plastic wrap (e.g., Saran Wrap) under the toilet seat, leaving a dip in the centre.



2. Use the wooden stick to remove a walnut-sized portion of stool and place it in the sterile container provided.
3. Put the cap back on and close it tightly.
4. Flush the remaining stool down the toilet and throw away the container or plastic wrap.
5. Wash your hands.