

## Instructions to patients

### Dosage of faecal calprotectin

1. Check the contents of your specimen kit. It should contain the following:
  - a. Instruction sheet
  - b. Jar with a screw lid, closed
  - c. Silk paper for collecting the sample (large sheet of paper)
  - d. Plastic bag (lined with a small absorbent paper)
2. When you are ready to perform the test, label the jar legibly with your last name, first name and date of birth, as well as the date and time of the specimen.
3. Unfold the large sheet of silk paper. Lay it directly on the clean water surface, in the centre of the toilet bowl, so that the edges of the paper stick gently to the sides of the bowl. If you prefer using something other than the toilet bowl, you may use a plastic container or a foil plate to be discarded after taking the sample.
4. Excrete faeces on the paper or in the container you might have chosen.
5. With a disposable plastic spoon or spatula, collect a stool specimen. You should collect the equivalence of a teaspoon of solid stool, or about  $\frac{1}{4}$  of the jar if the stool is liquid. **Do not fill the jar.** Close it well, ensuring the **screw cap is closed tight.**
6. Once you have collected and transferred the specimen to the jar, you are free to flush the toilet including the paper (it is biodegradable).
7. Place the jar containing the stool specimen into the plastic bag already lined with some absorbent paper, and close the bag.
8. You must bring your specimen back to the **Centre de prélèvements**, at the **latest 24h after collecting the sample.**
9. In the meantime, **store the specimen in the refrigerator, at 4°C.**

**\*\*Important: the specimen must NOT be frozen\*\***

10. Your test results will automatically be sent back to the prescribing physician.