



# PERCURO CLINICAL RESEARCH LTD.

305-1120 Yates Street | Victoria | BC | V8V 3M9

Phone: 250-382-6270 | Fax: 250-382-6273

## PATIENT INSTRUCTION SHEET: FECAL CALPROTECTIN TESTING

Your healthcare provider has requested a Fecal Calprotectin Test. In order to produce a meaningful laboratory 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.

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

- Take sample at the time of your first morning bowel movement.
- Specimen container should be no larger than a pill bottle if using one from home. Anything larger will not be accepted. Containers are available to pick up at our facility
- Write Name, Date of Birth, Health Card No., Date and Time of collection on the container and/or bag. Place container into ziploc bag and seal.
- **Sample drop off:** Bring the container back to the PerCuro lab within 48 hours of collection. Any delays will affect test results.  
Until specimens can be brought to the PerCuro lab, store as follows: refrigerated for up to 48 hours.
- **Ensure your sample has been dropped off a minimum of 7 days (from day of collection) prior to physician appointment, as testing can take up to 7 days to process.**

**\$75.00 CASH ONLY charge for this test**

**Payment must be made at the time your specimen is dropped off.**

A receipt will be provided. No appointment needed to drop off sample.

Hours: 8:30am - 4:30pm

Monday to Friday

(Closed stats & holidays)

Phone number: 250-382-6270

**\*See reverse for detailed collection instructions**





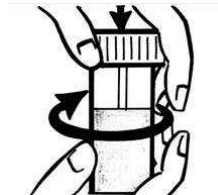
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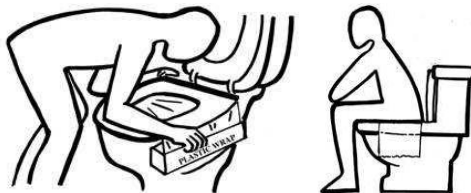


**1** Urinate into the toilet if needed.



**5** Container that is clean and empty:  
**Tighten cap securely.**

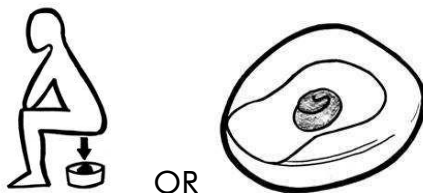
(Note: Specimen container should be no larger than a pill bottle if using one from home. Anything larger will not be accepted. Containers are available at our facility)



**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.



**6** Wash hands with soap and water.  
Write Name, Date of Birth or Health Card No. and Date and Time of collection on container and/or bag.  
Place container into plastic bag and seal.



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



**4** Container that is clean and empty: Using a clean plastic spoon, place approx. 2 tablespoons of the stool into container avoiding slimy/white (mucous) areas (if present). Do not over-fill the container.

**7** Bring the container back to the PerCuro lab within 48 hours of collection. Any delays will affect test results. Until specimens can be brought to the PerCuro lab, store as follows: refrigerated for up to 48 hours.