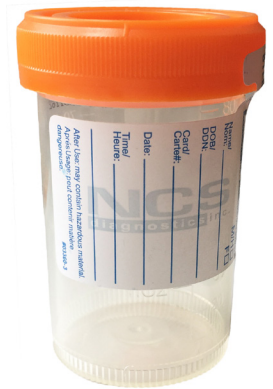


# Stool analysis

## Fecal calprotectin



Your doctor has ordered this test for you. This sheet explains what it involves and the steps you need to follow.

### Why do I need to have this test?

Your doctor thinks you may have inflammation in your intestine. This can be caused by inflammatory bowel disease (IBD), such as Crohn's disease or ulcerative colitis. The most common signs are:

- diarrhea that lasts a long time
- stomach aches
- blood in the stool
- nausea or vomiting
- lack of red blood cells in the blood (anemia)
- fever
- weight loss



The test results can help to identify the exact problem or to decide on a treatment. If you already have a diagnosis of IBD, this test can also be used to monitor the progress of the disease.

### What does this test involve?

It involves collecting a small sample of your stool and having it analyzed in a laboratory. The aim is to see if your stool contains a substance produced by the intestine when it is inflamed.

### How do I get a container for the test?

Go to the CHUM Test Centre with your doctor's requisition form and your health insurance card. You'll be given **1 container in a plastic bag** and **1 spatula** to collect the stool.

**Pavilion D, 1<sup>st</sup> Floor, Room D0141**  
**1000 Saint-Denis Street, Montreal H2X 0C1**

Business hours are 6:45 a.m. to 2:30 p.m., Monday to Friday, except holidays.

### Are there any precautions to take BEFORE collecting the sample?

- Stop taking anti-inflammatory drugs, such as aspirin, ibuprofen (e.g., Advil and Motrin), or naproxen, 2 to 3 weeks before taking the test. Ask your doctor what medications you can take in the meantime. You can also ask your pharmacist if it's possible to stop all anti-inflammatory medications.
- The stool must not touch your urine, the toilet bowl, or the toilet water.

## What equipment will I need?



## When should I collect the stool?

The Centre accepts samples from Monday to Thursday. You can:

- Bring them on the **same day** they are collected, **before 2:30 p.m.**
- Bring them the **next day**. In that case, plan to collect the sample between Sunday and Wednesday, while respecting the 24-hour timeframe for delivery.



### CAUTION

The Centre isn't open on public holidays. So, if you bring your sample in the day after collecting it, don't collect it on the day before a holiday.

For example: If Tuesday is a public holiday, don't collect the sample on Monday, as the Centre will be closed on Tuesday.

## What is the procedure for collecting the stool?

You need to collect the sample at the time of **the first bowel movement of the day**, starting from 4:00 a.m. These are the steps to follow to collect the stool:

### 1 Write on the container label:

- your first name
- your family name
- your health insurance number
- the date and time of the stool collection

### 2 Put on gloves



### 3 Prepare the collection as follows:

Place 2 sheets of plastic wrap over the toilet bowl, just under the seat. Leave it just loose enough to form a kind of bowl. This helps to ensure there is enough stool. If you're using a bowl, pass your stool directly into it.



**4 Using the spatula, put some of the stool in the container.** If the stool is too watery, use a clean spoon. You'll need an amount equivalent to a large nut.

**5 Screw the lid on tightly and place the container in the plastic bag.**

**6 Put the remaining stool in the toilet and toss the bowl or plastic wrap into the trash.** Remove the gloves and wash your hands.



**7 Put the closed bag in the fridge right away.**



**If these instructions are not carefully followed, the laboratory could refuse to take your sample. You would then have to redo the test.**

### Where should I take the sample?

Take it to the CHUM Test Centre no later than 24 hours after collecting it. Keep it cool during transport (e.g., in a cooler with an ice pack).

Remember to bring your doctor's requisition and your health insurance card.

### When will I have my results?

The CHUM laboratories need a maximum of 3 weeks to do the analysis. Your doctor will follow up with you when the results are ready.



### USEFUL RESOURCES

Other CHUM health fact sheets are available. Ask your care team which fact sheets can help you.



You can also read them online.  
[chumontreal.qc.ca/fiches-sante](https://chumontreal.qc.ca/fiches-sante)

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*The content of this document in no way replaces the advice of your healthcare professional.*

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[chumontreal.qc.ca](https://chumontreal.qc.ca)