

# Stool sample for calprotectin measurement

In inflammatory bowel diseases, calprotectin is released into the stool. The amount of calprotectin can be measured from a stool sample. You do not need to follow any special diet before providing the sample.

## Sampling kit

You can pick up the sampling kit from any HUSLAB laboratory (a dish, a sample tube, a resealable plastic bag, and labels). Store the sample tube in the fridge before and after sampling.

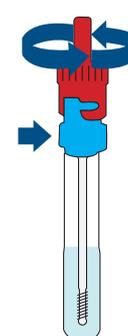
## Taking a stool sample

**1**



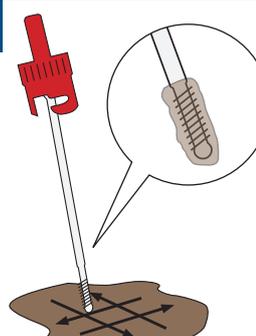
Take some stool on the dish (e.g., a kidney bowl or a paper plate). Do not pick up stool from the toilet bowl.

**2**



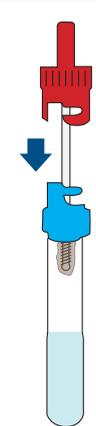
Open the EasyExtract tube by holding on to the blue adaptor and rotating the red cap counterclockwise. There is a white stick attached to the red cap. There is liquid inside the tube. Do not pour it out.

**3**



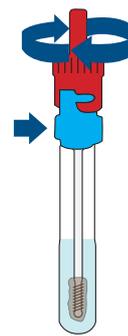
Place the white stick into different places in the stool 3–4 times. Liquid stool will also gather in the stick's grooves. Make sure that the stick's grooves are completely filled with stool. Grains, seeds, and fiber remnants must be avoided.

**4**



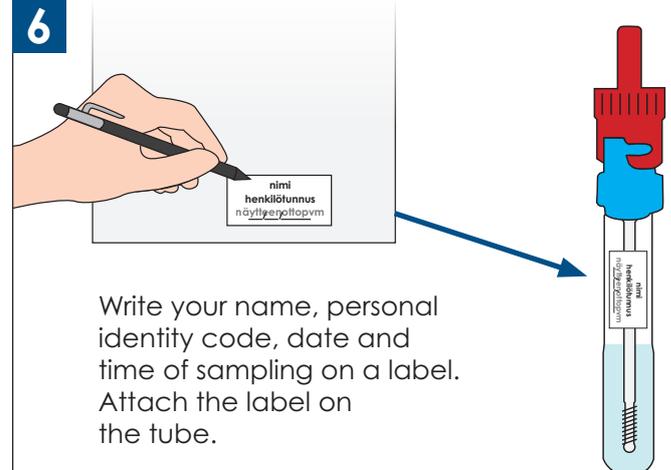
Return the stick, attached to the red cap, through the hole in the blue adaptor on the tube. By inserting the stick into the tube through the hole in the blue adaptor, excess stool is wiped off in the funnel insert and the correct amount of stool is inserted into the tube.

**5**



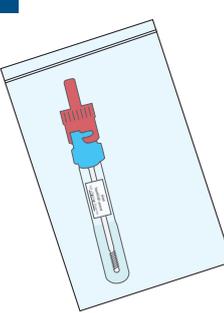
Close the EasyExtract tube by holding on to the blue adaptor and rotating the red cap clockwise. Make sure that both the blue adaptor and the red cap are in the locked position and that the tube is closed.

**6**



Write your name, personal identity code, date and time of sampling on a label. Attach the label on the tube.

**7**



Place the EasyExtract tube into the plastic bag with the absorbable cloth (the same bag where the tube originally was), seal the bag, and return the sample to a laboratory on the same day, or on the next weekday at the latest. Keep the sample in a fridge (+2 - 8 °C) until you return it to a laboratory.

### For more information:

HUSLAB customer service  
tel. 09 471 86800 Mon–Fri 7:30 a.m.–3:30 p.m.  
(Laboratory test results will not be given out over the phone).