

Faecal elastase instructions

A patient's guide

Please read the below information carefully on how to complete your faecal elastase stool test. This test has been requested due to concerns with fat malabsorption or bowel issues. These instructions will help you to ensure that the test is completed correctly.

To complete faecal elastase test, you will receive the following kit:

- Sample pot with blue scoop inside
- A printed label with your details
- How to complete faecal elastase test leaflet
- Clear specimen transport bag
- White plastic envelope labelled UN3373 with return address label attached (Please note this is not pre-paid and you will have to pay a small postage fee).

Before you start

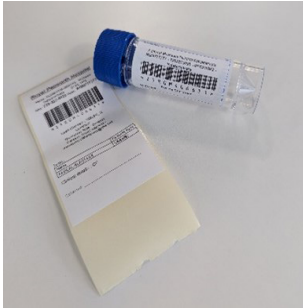
We recommend that you return the sample on the same day that you complete the test. Before collecting your sample, make sure that you choose a day when you will have the time to post the sample once completed.

Collecting your sample:

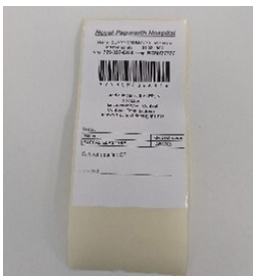
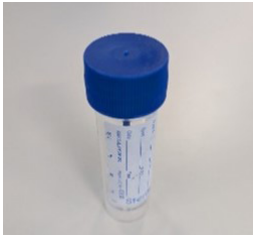
1. Lift the toilet seat up and place newspaper or plastic wrap over the rim of the toilet bowl. Put down the toilet seat and use the newspaper/plastic wrap to catch the stool without it becoming contaminated. Use the blue scoop provided to take a sample of the stool and fill approximately one third of the plastic jar. Screw the lid shut tightly. Wash your hands thoroughly with soap.



2. Take the smaller label at the bottom of the printed slip and place it neatly on the sealed jar. Write the date and time of collection on the label.



3. Remove the orange seal on the clear specimen bag. Place the sealed jar inside the bag, along with the printed slip that contains your details.



4. Seal the clear specimen bag and then place it inside the white plastic envelope labelled UN3373 with return address label attached. Seal the envelope.



Returning your faecal elastase sample

You should aim to post your sample back to us on the same day that you took the sample. The white envelope will have a label with the return address for the laboratory on the front. This can be posted from your local post office.

Please note that postage is not pre-paid. You will need to pay a small postage cost. Unfortunately, we are not able to give an exact cost as this will vary depending on the postage service you use and current postage rates, however we estimate this to be around £5.

Receiving your results

Once the lab receives your sample, it will take approximately one week for the results of the test to be available. The cystic fibrosis team will contact you via phone or email once we have the results back.

If you have any questions, please contact your cystic fibrosis team on:

01223 639372

or

papworth.cfdietitians@nhs.net

*Please note – the labels shown in the photographs throughout this leaflet do not contain real patient details. They were generated using a 'dummy' patient and are intended as an example only.

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View a digital version of this leaflet by scanning the QR code.



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