

Calprotectin Stool Tests: What You Need to Know

A calprotectin stool (poop) test measures the protein calprotectin. This can help check for intestinal inflammation. You may also hear this referred to as fecal calprotectin.

What is the test for?

Calprotectin stool testing helps check for inflammation in the intestines. In most cases, your care team will use calprotectin stool testing to help tell the difference between symptoms (diarrhea or loose stools) due to active inflammatory bowel disease (IBD), or other causes.

If you have been diagnosed with IBD, a calprotectin stool test can help:

- Measure the severity of inflammation
- Check to see if IBD is getting better or worse
- Monitor how well treatment is working to manage inflammation

What happens during the test?

You will need to provide a stool sample for your test. You will receive a container or kit with instructions on how to collect the sample. There are different ways to collect samples, so follow the instructions carefully. In general, you will need to:

- Label the container with your name and the collection time and date.
- Collect a stool sample as instructed. This usually involves using a clean, dry container, or special paper or plastic wrap placed over the toilet to catch the stool.
- Make sure the stool does not mix with any pee, toilet paper or water from the toilet.
- Close the container tightly.
- Wash your hands well with soap and water.
- Follow the instructions to return the container.

What are the risks?

There are no known risks to having a calprotectin stool test.