

Porphyrins, fecal (F-Porf, 2489)

How to prepare yourself for the test

1. Tell your doctor what medication and vitamins you use. Remember to include medicines you use regularly and medicines you take occasionally.
2. Sample collection is not possible on the day preceding public holidays and weekends, because the sample cannot be stored.

Equipment needed (which you will get from the laboratory)

1. Disposable plastic container.
2. Fecal sample container (Figure 1).
3. A name sticker to be attached to the sample container.
4. A black plastic bag and a piece of aluminum foil to protect the sample from light



Figure 1: Fecal sample container

Sampling procedure

1. Collect the stool into the disposable plastic container.
2. Open the fecal sample container. Use the spatula attached to transfer the fecal sample into the container. The sample should fill slightly less than half of the fecal sample container (do not fill the whole container).
3. Please be careful so that the outside of the fecal sample container does not get sample on it.
4. Close the fecal sample container tube tightly. Wipe off the outside of the fecal sample container.
5. Write your name, personal identity code, sampling date and sampling time on the sticker. Attach the sticker with your name to the fecal sample container.
6. Wrap the fecal sample container immediately into the piece of aluminum foil. Seal the sample container in the black plastic bag. The sample must be protected from light.

7. Keep the fecal sample container in a refrigerator, if you must keep the sample at home for some time before taking it to the laboratory. Please take the fecal sample container to the laboratory on the day of collection or, at the latest, on the following business day.

Please contact the department or outpatient clinic if you have questions regarding the sampling procedure for this examination. You may ask for the result of this examination at the hospital unit where you are being treated.

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