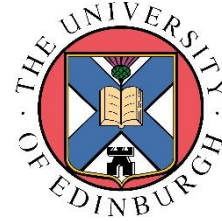


Mitochondrial DAMPs as mechanistic biomarkers of mucosal inflammation in Crohn's disease and Ulcerative Colitis (MUSIC) Study



Date:

Patient details:

STOOL COLLECTION INSTRUCTIONS

Dear Sir/Madam

Thank you for participating in the MUSIC Study. Please find the instructions for providing stool samples for our study.

Instructions

We have asked you to provide samples of your stool (bowel motion). One of these samples will be tested for faecal Calprotectin (FCP), a test that is often used by your NHS IBD Specialist. This will help us know whether your bowels are inflamed or not. The other two stool samples will be used for our research.

Some tablets and medicines can affect the result (especially anti-inflammatory tablets like Ibuprofen, Naproxen or Diclofenac), giving a false reading. If you are taking any of these medications you need to stop taking them for 4 weeks before you do the test.

Collecting the stool sample

You have been given a plastic collection pot with a small spoon attached to the lid, and a request form.

It is important that the bowel motion you take the sample from has not been in the toilet bowl, as this could affect the test result. It is also important that the sample does not come into contact with any toilet cleaner or freshener products.

Suggested ways to catch your sample are:

1. Folded pieces of toilet paper
2. Your hand covered in a small plastic bag
3. A clean disposable container
4. Place cling film over the toilet bowl

Using the sample pot, unscrew the lid and use the attached spoon to collect a sample of the motion. A sample about 2cm diameter is required (about the size of a small walnut). It is important that sufficient sample is provided; otherwise the test may not be able to be completed.

Carefully transfer the sample into the container and screw the lid on tightly. Write the date you collected your sample on the pot label. This is most important because if the sample is too old (over 7 days) when it gets to the lab it cannot be tested.

Place the container inside the plastic envelope and seal the envelope.

The envelope should be brought to the hospital when you come to have your blood tests taken and within 3 days of collecting it. Our research team will then take these samples from you and process them.

Ensure that your hands are washed thoroughly, and that any dirty equipment is disposed of safely.

Thank you very much for taking part in this study.

If you have any questions, please contact our research team at 0131-537 1236 or by email (to be provided).

Yours sincerely,

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