

Due to skyrocketing increase in number of faecal calprotectin requests received from the region, from 3/11/2025 specific measures have been implemented at LabPLUS to better manage the demand:

A. Children (age <16 years)

Request the test only after history review:

- Persistent gastrointestinal symptoms for >6 weeks
- Stool sample for gut infection is negative
- For infants (<1 year), requires prior approval by a paediatric gastroenterologist

One or more of the following is (are) required for the test to be approved:

- ☐ First sample: to distinguish functional gastrointestinal disorder from Inflammatory Bowel Diseases (IBD)
- ☐ First sample: positive family history of IBD
- ☐ History of IBD (**minimal re-order interval: 4 weeks**)
- ☐ Previous result was below age related reference limit but no symptom improvement after conservative management (**minimal re-order interval: 4 weeks**)
- ☐ Previous sample: insufficient / inappropriate or sample labelling error
- ☐ Specialist gastroenterologist request or approval (see section on Minimal Re-order Interval)

B. Adult (age ≥16 years)

Request only after history review*:

- Persistent gastrointestinal symptoms for > 6 weeks. If infection, diverticular disease or H. Pylori is suggested, do not check calprotectin but focus on testing for the pathological condition(s) – see regional guidelines. If high suspicion of rapid onset (<6 weeks) Inflammatory Bowel Disease (IBD), discuss with gastroenterologist.

One or more of the following is (are) required for the test to be approved:

- ☐ First sample: to distinguish functional bowel (or IBS) from Inflammatory Bowel Diseases (IBD); or positive family history of IBD
- ☐ History of IBD (**minimal re-order interval: 4 weeks**). Stable IBD patients usually only require 1x/year testing
- ☐ Previous negative result (<50ug/g) but IBS-like symptom not improved (**minimal re-order interval: 3 months**)
- ☐ Previous sample: insufficient / inappropriate or sample labelling error
- ☐ Specialist gastroenterologist request or approval (see section on Minimal Re-order Interval)

Note: Although faecal calprotectin can be raised in colorectal cancers, it is NOT sensitive enough in excluding colorectal cancers even if <50ug/g. Follow your regional health pathways for bowel cancer detection (screening or symptomatic).

Minimal Re-order Interval

Children: samples will NOT be retested within 4 weeks of the last faecal calprotectin request, irrespective of the outcome of the previous result.

Adult: samples will NOT be retested within 4 weeks of a previous positive result and will NOT be retested within 3 months of a previous negative result.

These rules will not apply to equivocal, insufficient, inappropriate, sample labelling error or too watery samples.

To seek approval in re-instating a declined request e.g. because of unique clinical circumstance, the requestor should contact the Chemical Pathologist on call at LabPlus via Lablink at 09-3074949 ext. 22000 or email chemicalpathologist@adhb.govt.nz within 7 days from the date of sample receipt at LabPlus, otherwise the sample will be discarded.