

# Collecting Samples for Porphyrin Screening

You have been asked to collect some samples to screen for a condition called porphyria. Porphyria is a group of disorders involving disturbance in the metabolism of haem, a component of haemoglobin.

Porphyrin screening may be requested if someone has symptoms that suggest an acute porphyria (such as abdominal pain, tingling in hands or feet, and/or confusion or hallucinations) or a cutaneous porphyria (such as reddening, blistering, or scarring on sun-exposed skin). If you would like further information about porphyrin screening, please see <https://labtestsonline.org.uk/tests/porphyrins>.

Porphyrin screening requires you to collect a sample of faeces (stool) and urine, as well as having a blood sample taken. Please read the instructions below before collecting your samples.

## Kit Contents

This porphyrin kit contains:

- Cardboard box
- Large plastic screw-capped jar
- Clear polythene sample bag
- Faeces/stool pot
- Urine container
- Disposable gloves and wooden sticks (to assist in handling faeces).

## Key Points for Sample Collection

All samples must be:

- Labelled with name & date of birth
- Protected from light at all times
- Accompanied by a completed Pathology request form
- Sent to Pathology as soon as possible after collection.



*Due to sample stability issues,  
please avoid collecting your  
samples on Fridays.*

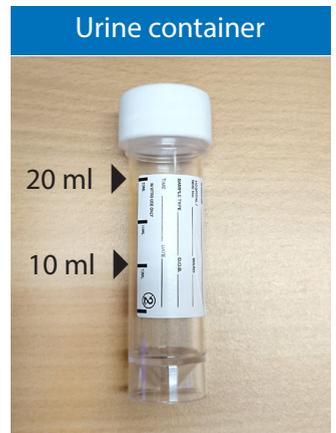
## Stool Sample Collection

1. Label the faeces pot with your name and date of birth.
2. Put a small, walnut-sized piece of stool in to the pot and screw the lid on tightly.
3. Use tissue to remove any stool that may be on the outside.
4. Seal the pot in the clear polythene sample bag.
5. Place the bag inside the large plastic screw-capped jar, screw on the lid and return the jar to the cardboard box.
6. Close the cardboard box to protect the sample from light.
7. Throw away the used gloves and wooden sticks.



## Urine Sample Collection

1. Label the 20 mL urine container with your name and date of birth.
2. Collect 10 to 20 mL of urine into the container and screw the lid on tightly. This should preferably be the first pass of urine of the day.
3. Seal the urine container in the clear polythene sample bag.
4. Place the bag inside the large plastic screw-capped jar, screw on the lid and return the jar to the cardboard box.
5. Close the cardboard box to protect the samples from light.



## Blood Sample Collection

1. On the same day as you collect the stool and urine samples, bring the cardboard box containing your samples and your Pathology request form to Blood Testing at Doncaster Royal Infirmary, Bassetlaw or Montagu Hospital (open Monday to Friday, 8am to 5pm).
2. The Phlebotomist will collect two blood samples.

**If you need any further assistance regarding sample collection, please contact Pathology Enquiries on 01302 642870 and ask to speak to the Duty Biochemist.**