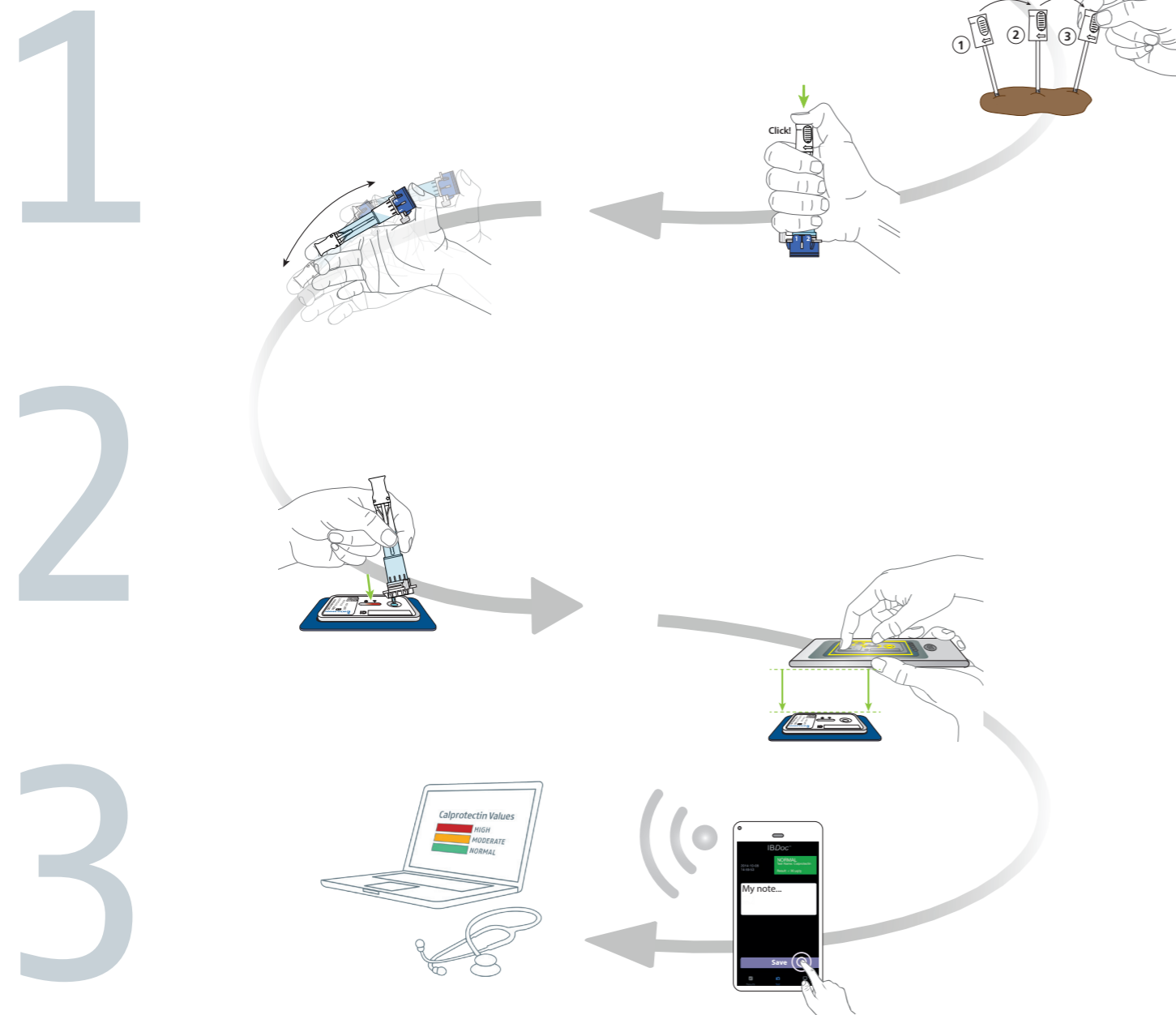


# IBDoc®

Three easy steps  
to test calprotectin  
at home



# IBDoc® Calprotectin Home Test

A Step Forward Towards  
Patient Empowerment



visit us on [www.ibdoc.net](http://www.ibdoc.net)

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Ordering code:  
BI-IBDOC IBDoc Starter Kit  
LF-IBDOC8 IBDoc Calprotectin Kit (8 tests)  
CE-marked products

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**Patient Empowerment**

**Patient empowerment is one of the main goals to remodelling new concepts of IBD patient care.**

A recent IBD patient survey among over 5000 individuals (IBD2020 Report, 2013), shows that a majority of patients had flares during the last 12 months, four in ten had at least three flare ups, and one out of five had continuous flares. There was a significant number of emergency admissions and absence from work as well (Fig.1).

Even though patients generally have access to adequate medications, there is need for tight monitoring of their disease activity to support prolongation of remission phases and to closely follow risk patients.

In the review article: "Improving quality of care in inflammatory bowel disease: what changes can be made today?" J. Panes et al. conclude that one important element is to empower patients to actively participate in their disease management.

Pioneering eHealth data on UC patients from Denmark show that home monitoring seems to support increased adherence, decrease of relapse duration and causes lower number of visits to outpatient clinics, resulting in significant cost savings (Elkjaer et al., 2012).

In United States, HAT (Home Automated Telemanagement) set up at University of Maryland Baltimore, shows that integration of a smartphone app to answer patient questionnaires at their home was accepted very well, quality of life improved, and significant expenses due to decrease in healthcare utilization (Cross et al., 2014) were saved.

A study from southern Australia with the aim of assessing effectiveness of a well established IBD nurse role in home monitoring, by usage of telephone and email, showed that the patients could reduce hospital admissions and streamline the process (Leach et al., 2013).

These experiences encourage extending the patient home care with implementation of a simple tool to perform diagnostic assessment with calprotectin.

Calprotectin has established itself as the most useful marker, not only for patient diagnosis, but also for monitoring the disease course of IBD.

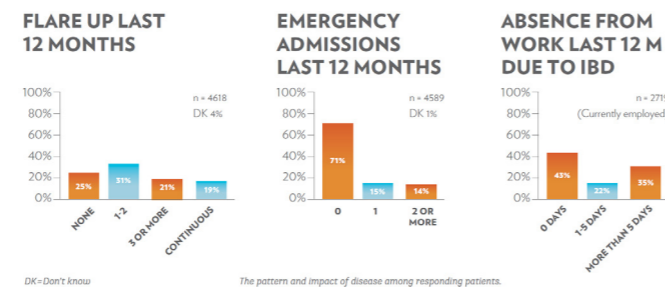


Figure 1 New survey of over 5000 IBD patients from 6 countries patient reported on the quality of their IBD care (After IBD2020 Report, 2013).

**Calprotectin in Therapy Monitoring**

**Calprotectin is the most useful biomarker for assessing mucosal healing as well as predicting the disease course and risk for relapse.**

A number of prospective studies show that calprotectin measured by the BÜHLMANN fCAL® ELISA and the Quantum Blue® rapid test, correlates well to mucosal healing and histologic inflammation with high sensitivity and specificity (Lobaton et al., 2013; Guardiola et al., 2012). The BÜHLMANN calprotectin assays also delivered valuable data on predicting coming relapses within the next 12 months in quiescent Crohn's Disease (Naismith et al., 2014; Fig.2) and also concerning possible pharmacological interventions based on the calprotectin level in patients with UC with high risk of relapse (Lasson et al., 2015) The applied calprotectin levels for cut off for these patient monitoring were in the range of 240 to 300 µg/g.

Concluding, the scientifically established basis for valuable support in IBD monitoring with help of BÜHLMANN calprotectin assays has been set. One step in achieving

standards of care for the 21st century, is to bring the calprotectin lab home to the patient. This can be provided by IBDoc®.

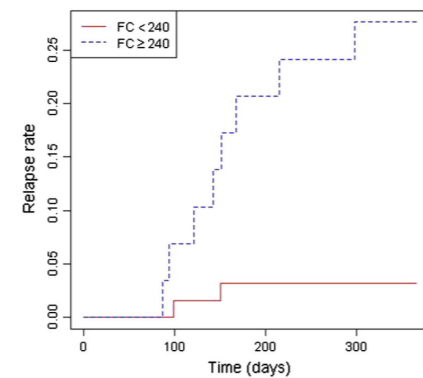


Figure 2 Kaplan Meyer curves of time to relapse in days by using cutoff 240 µg/g (After Naismith et al. 2014).



**Calprotectin Home Test Kit**

- Easy to use - From sample collection to result
- CALEX® Valve - Precise, quantitative and comfortable stool extraction
- Clinically validated quantitative immune test Range of 30 to 1000 µg/g
- High correlation with laboratory calprotectin measurements
- Shelf-life of 12 months

**IBDoc® Software**

- Smartphone Test Cassette Reader with intuitive user interface
- Available for iOS and Android
- IBDoc® Portal: User friendly and flexible patient management tool for physicians and nurses
- Encrypted communication between smartphone and IBDoc® Portal
- CE IVD certified for home use

**Benefits for Patients**

- Home-based
- No need to bring in stool samples
- Flexible disease monitoring
- A step towards patient engagement and empowerment

Quality of Life

**Benefits for Physicians**

- Remote contact with the patient
- Flexible disease monitoring
- Customized, patient-centered approach
- Allows more responsiveness
- Partnership with the patient

Quality of Care