

## What is Calprotectin?

Calprotectin is a protein found in white blood cells. When you have inflammation in the intestines, white blood cells enter the intestines and the stool. When those cells break down, they release calprotectin into the stool. Thus it can be a measure of inflammation in the intestine. Most patients with Inflammatory Bowel Disease (IBD) have periods of remission with intermittent relapses (flares). Calprotectin can increase months before clinical symptoms occur. Doctors use calprotectin, among other tools, to monitor disease activity to help them decide whether the patient's treatment can be continued or needs adjustment.

## Why a stool sample is being requested?

Your healthcare professional may order this test for you in order to learn if you are having intestinal inflammation (even if you feel well). The results of this test will help your doctor to know how to treat you and/or if further testing is needed.

## What is IBDoc®?

IBDoc® is an easy to use home testing system for patients with IBD to test their stool calprotectin from the comfort and privacy of their own homes – empowering them, connecting them with their caregiver and allowing them to manage the disease as a team.



Scan the QR code to watch the IBDoc® tutorial video

# IBDoc® Calprotectin Home Test

## For more information



[www.calprotectin.co.uk/patient-support](http://www.calprotectin.co.uk/patient-support)



[ibdoc@alphalabs.co.uk](mailto:ibdoc@alphalabs.co.uk)

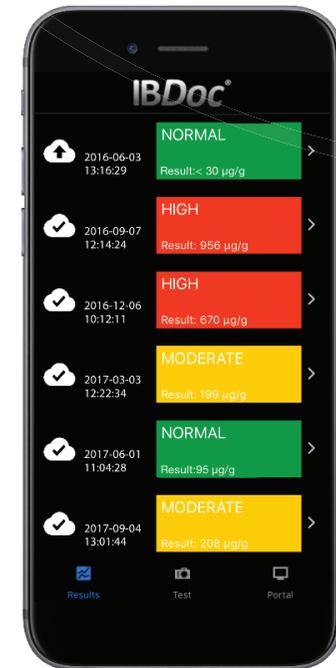
Alpha Laboratories is the official distributor of IBDoc in the UK and Ireland



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Health Canada Licence: 98903, Device class: 3  
IBDoc® is not available for sale in the US.

IBDoc®, CalApp®, BÜHLMANN fCAL® and Quantum Blue® are registered trademarks of BÜHLMANN in many countries.

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## First steps

Before you use IBDoc<sup>®</sup> make sure you have the following:

- ▶ A **smartphone validated** for the use of IBDoc<sup>®</sup>. You can find a complete list of validated smartphones on [www.ibdoc.net](http://www.ibdoc.net).
- ▶ The **IBDoc<sup>®</sup> app**, available on the app stores. You can also **scan the QR code** on this page.
- ▶ An email from [support@ibdoc.net](mailto:support@ibdoc.net) to **set your password**. You will need to give your email address to your doctor to set up an account. Please check your spam folder if you have not received an email.

## 1- Stool Collection



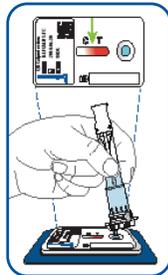
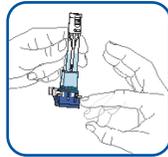
Collect a stool sample using the stool collection sheet and CALEX<sup>®</sup> Valve:

- ▶ Make sure the stool does not come into contact with water or urine!
- ▶ Make sure that all grooves are completely filled with stool.
- ▶ Close the CALEX<sup>®</sup> Valve with a click and leave upright.
- ▶ **Wait 2 to 24 hours.**



## 2- Test cassette loading

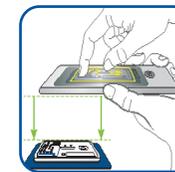
Unpack the test cassette and place it onto the blue reverse side of the camera test card, then:



- ▶ Shake the CALEX<sup>®</sup> Valve well and flick it to remove any air bubbles.
- ▶ Remove the blue protection cap and place the outlet of the CALEX<sup>®</sup> Valve onto the circular sample loading port.
- ▶ Release the sample by turning the throttle from position 1 to 2.
- ▶ Allow the reddish color to reach the middle of the reading window of the test cassette (between the "T" and "C").

## 3- Test cassette scanning

Start the timer in the IBDoc<sup>®</sup> app and keep your phone close, then:



- ▶ After the 12 minutes are up click on "scan".
- ▶ Scan the test cassette by aligning the yellow frame in the camera view with the edges of test cassette. The app is focusing and calculates a result automatically.
- ▶ When you click "save" the result is automatically uploaded to the IBDoc<sup>®</sup> Portal and your clinic will receive an email alert.



Download the  
IBDoc<sup>®</sup> mobile app

- ▶ Use the first morning stool, when possible.
- ▶ If you have problems collecting the stool sample i.e. the stool does not stick to the grooves of the CALEX<sup>®</sup> Valve device, perform the test on another day. Use a new IBDoc<sup>®</sup> test.
- ▶ Keep the IBDoc<sup>®</sup> test refrigerated. You can transport it without cooling when you bring it home from your doctor's office.
- ▶ Flick the CALEX<sup>®</sup> Valve extraction tube before releasing the sample.
- ▶ This brochure is only for information purposes. Before performing the first test, read the full instruction for use available under [www.ibdoc.net](http://www.ibdoc.net).

