Managing chronic conditions such as diabetes and hypertension through patient self-testing has become common place. It is now possible for sufferers of inflammatory bowel disease (IBD) to manage their condition at home. New sophisticated technology enables patients to perform quantitative calprotectin testing themselves and read the results using their smart phones.

This self-testing approach will enable increased frequency of monitoring. This will help identify patients likely to relapse, so that their treatment can be adapted early, to ease, or even prevent, possible deterioration. At the same time, many patients have to take expensive drugs with substantial side effects and it is important that the medications are closely matched to the current inflammatory status of the individual patient. Currently, patients are sending their faecal samples to a laboratory to measure the calprotectin concentrations. The BÜHLMANN IBDoc® system brings improved management of patients, whilst reducing the burden on clinics and laboratories.

IBDoc together with the CALEX Valve extraction device, allows patients to perform calprotectin analysis at home in just three easy steps. Results are generated and calculated by the CalApp® and sent directly to the responsible gastroenterologist.

The CALEX Valve is similar to the CALEX Cap device but allows patients to process their own samples without the usual need for vortex mixing, centrifuging or pipetting, to give an accurate, reproducible result every time. It includes a simple valve system at its base. This dispenses a precise aliquot of liquid onto the immunochromatographic lateral flow device that provides the calprotectin analysis.

After twelve minutes, the smart phone is used to read the result and send it to the gastroenterologist via the secure IBDoc Portal. This serves as a communication platform between the patient and their own doctor. The cut off concentrations used for clinical decision-making can be set for each individual patient, and the gastroenterologist can choose whether the patient sees the actual concentration, or a red, amber, green traffic light type indicator.

The gastroenterologists at Kings College Hospital in London are currently undertaking a pilot study with the IBDoc and CALEX Valve.

To find out more about IBDoc and CALEX Valve and view a video demonstrating their use, please visit www.IBDoc.net

To discuss how IBDoc could help manage your patients, contact marketing@alphalabs.co.uk