

Patient information factsheet

Inflammatory bowel disease (IBD) PIFU service Preventis SmarTest Calprotectin home testing

You have been given this factsheet because you are under the care of the inflammatory bowel disease (IBD) patient-initiated follow-up (PIFU) service. We are making changes to the way patients who use this service test their calprotectin levels during a flare-up. Please read this factsheet to understand the new process and keep it in a safe place. If you have any questions please contact us using the details on page 3.

What is the IBD PIFU service?

The IBD PIFU service is the patient-initiated follow-up (PIFU) service for people with Ulcerative Colitis, Crohn's disease and other forms of inflammatory bowel disease (IBD). It allows you to contact us directly whenever you need advice or further care related to your IBD, including during a flare-up (period when your symptoms are particularly troublesome; sometimes described as a relapse).

During a flare-up, you may contact the IBD helpline, either via telephone or through your My Medical Record IBD messaging service, for advice and treatment. For us to assess and treat your flare-up effectively, it may be necessary to test your calprotectin levels.

About calprotectin testing

Calprotectin is a protein that is secreted by the gut when it is inflamed, such as in IBD, Crohn's disease, and Ulcerative Colitis. Calprotectin can be detected in the poo (faeces) so faecal calprotectin (FC) testing is carried out to measure the level of inflammation in the gut.

Looking at your FC level during a flare-up is important as it helps your doctors understand what is causing it and provide the right treatment.

Until now, FC test samples had to be sent away to a laboratory to be analysed. This meant results might not be available for several weeks.

New FC home test

We now have a new, easier and faster way to detect your FC level and transmit it to your IBD team using a simple home test and a smartphone app. Having information about your FC level sooner will help your IBD team to manage your flare-up and provide the right treatment a lot faster.

The name of the new FC test is: **Preventis SmarTest[®] Calprotectin home test**



The new home test will enable you to prepare the test, extract a stool (poo) sample, and complete the required steps on the smartphone app within 10-15 minutes.

Once the sample is uploaded, the FC result will be processed and available to your IBD care team within 15 minutes.

Fig. 1: Preventis SmarTest® Calprotectin home testing kit and smartphone app screen, along with a testing cartridge.

How to use the new SmarTest Calprotectin home testing kit

Once you have received your home testing kit you will need to download the accompanying smartphone app from your mobile app store.

Finding the SmarTest Calprotectin app in your app store

You can search '**SmarTest calprotectin**' in your smartphone app store. The app should look like the image below.



SmarTest Calprotectin 17+

CED-Monitoring
Preventis GmbH

Free

Once you have downloaded the app, open it and follow the simple steps to collect your stool (poo) sample and then scan your result on your smartphone.

If you need further guidance on how to do the test, please scan the QR code below which will take you to a helpful video link:



If you have any technical issues with the SmarTest Calprotectin app, please contact the Preventis technical team on info@preventis.com

What happens to your SmarTest® Calprotectin home test result?

You will need to be registered to My Medical Record (MyMR) to share your results with your IBD team. All your personal data will remain confidential.

Patient information factsheet

To share your results with the IBD team you will need your unique QR Code, found on the patient information sheet entitled 'Release of your Results' (this is included with the home test kit pack) Keep it safe as you will need it to share your calprotectin result with your IBD team through the app. You can also use the same QR code for future tests.

As soon as you have shared your calprotectin result, your IBD team will be able to review your results.

Is the test accurate?

No diagnostic test is 100% accurate. Occasionally (2% of the time) your test result may show your FC levels are normal even though you have symptoms suggesting otherwise. If your IBD symptoms persist with or without treatment, contact your IBD team to discuss.

Are there any alternative to this test?

You will have to complete a standard stool FC sample alongside your home FC test. The standard stool samples will be sent to the hospital laboratories just like your previous stool samples. We will also be testing for any infections that may be causing your symptoms. We have supplied blue lid stool pots and blood forms in the pack alongside your home FC test kit.

We advise that you try to use the same stool sample for both the home FC test and the standard stool FC test which are sent to the hospital.

The standard FC stool sample results will usually come back in about 3 weeks' time. We will compare these results with your SmarTest® Calprotectin home test results, which is why we would like you to complete both the home FC test and the standard FC test.

If you do not wish to use SmarTest® Calprotectin home testing kit then you can continue to send us your samples in the original way, but it won't be as fast to detect results.

Contact us

If you have any questions about your home calprotectin test or anything in this factsheet, contact our **IBD digital care support worker** on telephone: **07502 685 725** or email: IBDHomeFCtest@uhs.nhs.uk

Please note that these contact details are not for any clinical/medical questions relating to your IBD.

If you do have any urgent clinical queries, please continue to contact the **IBD Helpline (IBD PIFU Service)** on **023 8120 5363** or message via your My Medical Record messaging service.

Feedback

We would appreciate if you could kindly complete a very short survey. You can access the survey by visiting gthr.uk/a3007 or scanning the QR code below.



Patient information factsheet

If you would prefer the link to the survey to be sent to you as a text message please let us know.

Thank you for your participation.

Useful links

My Medical Record

<https://mymedicalrecord.uhs.nhs.uk/>

Preventis

<https://preventis.com/en/products/preventis-smartest-calprotectin-home>

If you are a patient at one of our hospitals and need this document translated, or in another format such as easy read, large print, Braille or audio, please telephone **0800 484 0135** or email **patientsupporthub@uhs.nhs.uk**

For help preparing for your visit, arranging an interpreter or accessing the hospital, please visit **www.uhs.nhs.uk/additionalsupport**

Join our family of charity supporters with a monthly donation! It's a wonderful way to show your ongoing support of our patients and staff.

Scan the QR code or visit southamptonsupport.org/donate



**Southampton
Hospitals
Charity**

Charity Registration Numbers 1051543

