

FECAL CALPROTECTIN TESTING & IBD

Get the inside scoop from your poop!



If you have inflammatory bowel disease (IBD), you know that inflammation in your gastrointestinal tract can cause flares. When flares strike, you might experience painful cramps, diarrhea, bleeding, and fever. But how do you know if these symptoms are from a flare or some other cause? fCal is useful in patients with inactive ulcerative colitis and Crohn's disease, as it can help predict relapse and allow early treatment. The clue is in your poo...

Benefits of Fecal Calprotectin (fCal) testing



Non-invasive

fCal testing requires no bowel preparation. Samples can be collected in the privacy of your home. You may still need to have a colonoscopy or biopsy.



Identifies relapse or flares

It's important to know whether your symptoms are due to IBD or some other cause, so that your doctor can manage your symptoms appropriately. Large amounts of fCal in your stool mean you are likely experiencing IBD relapse. Low to normal levels usually mean your symptoms are due to something else, like irritable bowel syndrome.



Monitors response to ulcerative colitis and Crohn's disease treatment

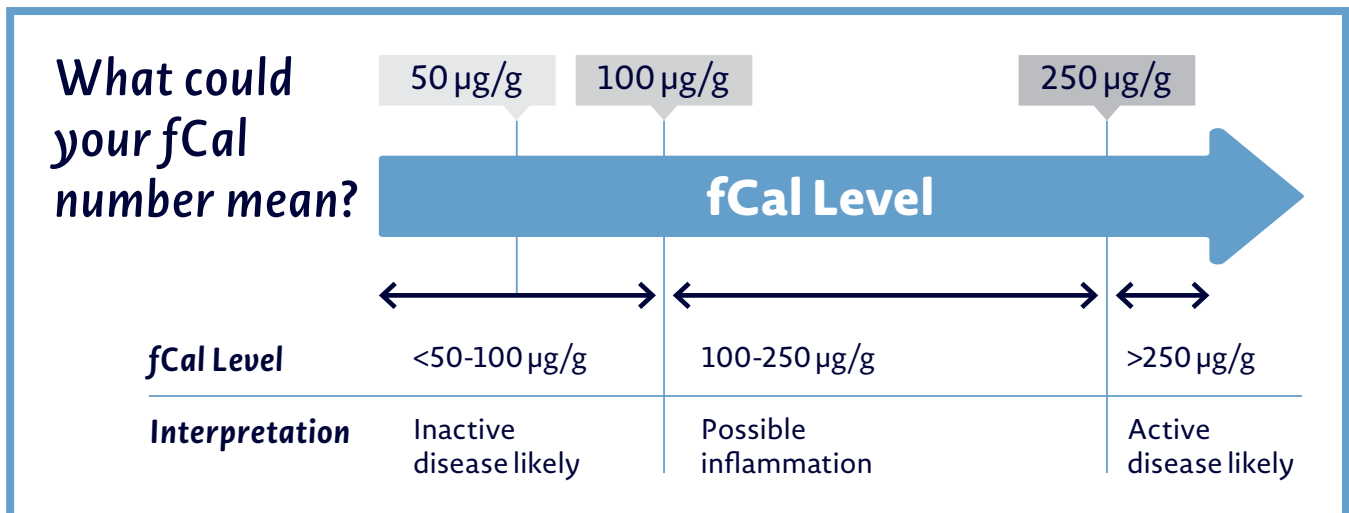
fCal levels may also be useful in monitoring disease activity and how well you are responding to your treatment. It may even help your doctor predict relapse if your fCal levels are high.

When?

There are no clear guidelines on how often you should take the fCal test, and fCal levels may vary for each person. It may be useful to monitor your level when your IBD is in remission. If you're not sure, ask your doctor for your fCal level.

How?

All you have to do is provide a sample. It's best to sample your first stool of the day, since fCal levels vary between bowel movements. Don't worry – collection kits make this a hygienic experience.



Being shy about this subject could hurt you, so speak up!

Partner with your doctor and talk about your health.

If you think you may be experiencing an IBD flare, speak to your doctor about fCal testing. For more information on fCal testing and how it can be used to monitor IBD, [visit **cdhf.ca/fcal**](http://visit.cdhf.ca/fcal) to watch the educational video.

fCal is particularly useful in patients with inactive UC and CD (i.e., patients in remission) as it can help predict relapse, allowing for early treatment.