

# The real world use of fecal calprotectin home testing in patients with inflammatory bowel disease under maintenance treatment with adalimumab

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## Introduction

- Fecal calprotectin (FC) has been suggested as an important biomarker for the management of patients with inflammatory bowel disease (IBD).
- Consecutive measurements of FC in patients in clinical remission can predict a disease relapse.
- We **aimed** to present our real world experience using the FC home testing in the management of IBD patients under maintenance treatment with adalimumab.

## Methodology

- Consecutive IBD patients under maintenance treatment with adalimumab were studied
- Study period: 10/2016-3/2019
- Inclusion criteria was at least one available FC measurement (ELISA, Bühlmann fCAL Home test).
- During this period patients' compliance in the FC home test as well as all the treatment modifications were assessed

## Results

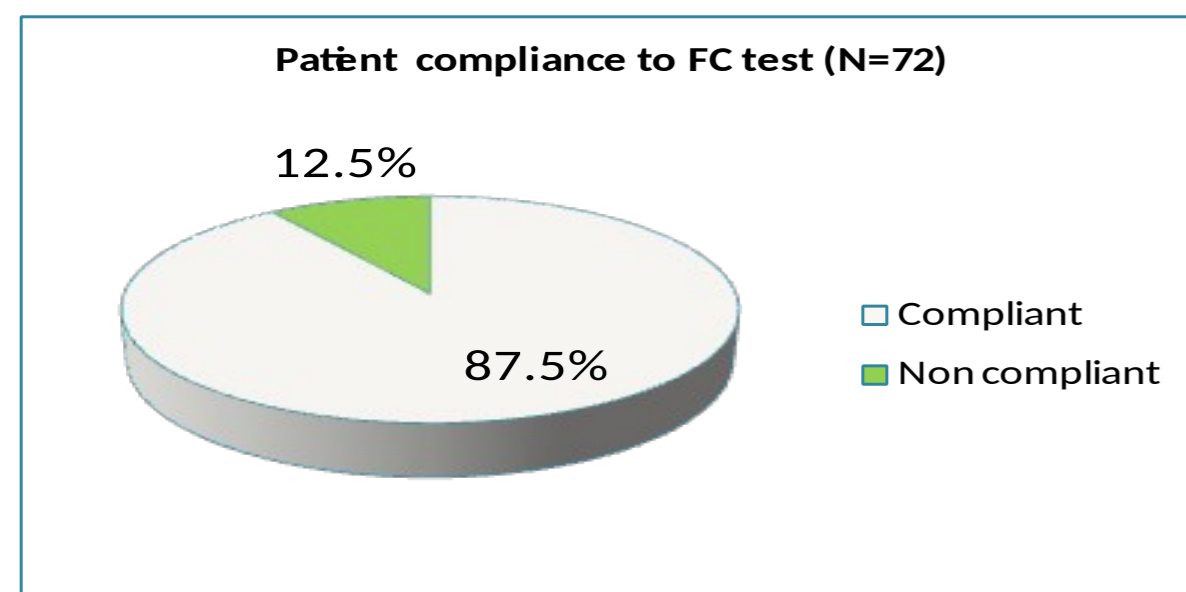


Figure 1 Patient compliance to FC test

Mean age (years ± SD)	42.3± 14.9
Men (%)	37 (59%)
Disease duration (years, mean ± SD)	13.4± 9.5
Crohn's disease (%)	56 (89%)
Ulcerative colitis (%)	7 (11%)
Current smokers	21 (33%)
CD L1	24
CD L2	7
CD L3	25
Perianal disease (p)	14
UC E1	0
UC E2	4
UC E3	3
Extraintestinal manifestations	32 (51%)
Median duration of adalimumab use in months (IQR)	32 (20-62)
Combination treatment with immunomodulators	13 (21%)
Experienced in biologic agents	28 (44%)
History of IBD related surgery	16 (25%)

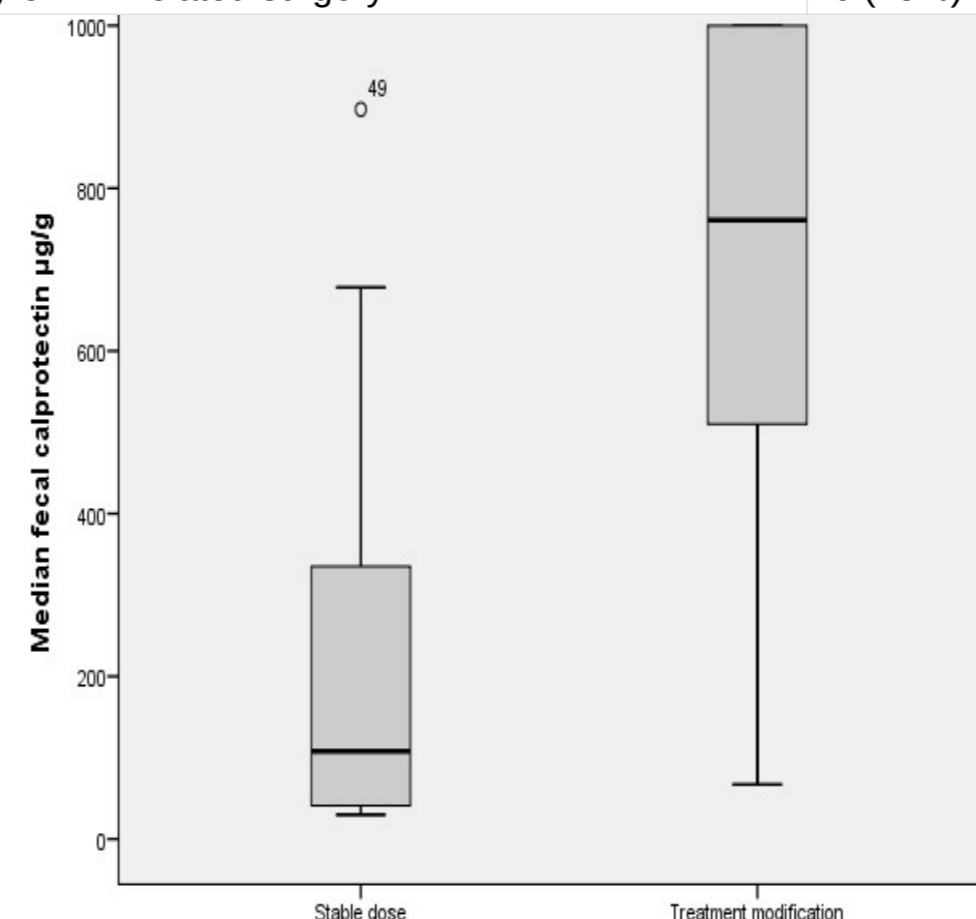


Figure 2 Comparison of mean FC values among patients who remained in stable dose and those who needed treatment modifications(  $p < 0.0001$ )

Table 2 Comparison of 2 groups

Total patients: 63	
<p>42 (66.6%) <b>Stable treatment</b> <b>mean FC 272 µg/g ±236</b></p>	<p>57.1% FC values &lt; 250 µg/g</p> <p><b>23/42: colonoscopy</b> ➤ mucosal healing → 7/23 (30.4%) ➤ FC was &lt; 50 µg/g in 9/23 (39.1%).)</p>
<p>21 (33.3%) <b>Treatment modification</b> + colonoscopy <b>mean FC 718 µg/g ±314</b></p>	<p>➤ 10 adalimumab intensification, ➤ 1 de-escalation, ➤ 8 change to other agent, ➤ 2 surgeries</p> <p>45% FC values &gt; 1000 µg/g</p>

## Conclusions

- The IBD patients' compliance rate of performing the FC home test is high (87.5%).
- Our results confirm the important role of consecutive FC measurements at home, in combination with the endoscopic evaluation for the optimization of treatment in IBD patients receiving maintenance treatment with adalimumab.