

Fecal Calprotectin Testing for People with Inflammatory Bowel Disease

You have a diagnosis of inflammatory bowel disease (IBD), and you are eligible for **free** at home fecal calprotectin testing through United Health Group. A fecal calprotectin test is part of your standard of care disease evaluation with us. If you choose, you can do it through the United Health Group lab instead of Michigan Medicine and be considered for a diet-based intervention study based on the results of your stool testing.

What does the lab do with my sample?

The lab tests your stool sample for fecal calprotectin. **Calprotectin** is a protein found in human blood, saliva, cerebrospinal fluid, and urine when some part of the body is inflamed. If found in fecal matter (stool) it may mean that there is inflammation in the intestine, even when you are feeling well.

Why should I participate?

- It will help you and your provider understand how well your treatments are working
- It will help United Health Group understand IBD better
- It helps us better understand if at-home testing for fecal calprotectin can be effective and helpful
- If your fecal calprotectin is elevated (over 300) you could qualify for a follow-up study looking at diet intervention and the impact on inflammation in IBD

What do I need to do?

1. Visit <https://www.unitedinresearch.com/remote-monitoring-of-ibd> and click “Join study”
2. Include your providers name and fax number: (734) 647-4423
3. You will receive an at-home sample collection kit
4. Mail back the sample to the lab with the pre-paid FedEx label
5. Let us know when you have sent in your stool sample via patient portal
6. Await results, they will also be sent to your provider

We are typically notified within 7 days of receipt of your stool sample, please make sure you sent us a message to let us know you have sent in the sample.

If you have any questions about obtaining your stool testing through this study, please contact IBDtrials@uhgrd.com or call them at (855) 370-8979.

Disclaimer: This document contains information and/or instructional materials developed by Michigan Medicine for the typical patient with your condition. It may include links to online content that was not created by Michigan Medicine and for which Michigan Medicine does not assume responsibility. It does not replace medical advice from your health care provider because your experience may differ from that of the typical patient. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan.

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