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**Supplementary Table 2.** Approved Administration Interval and Treatment Gaps for Biologics

| | Biologics | Administration interval (maintenance dosing) (# of days' supply) | Treatment gap (1.5 × the interval) |
|---|---|---|---|
| Crohn's disease | Adalimumab (self-injectable) | 2 weeks (15 days) | 23 days |
| | Infliximab | 8 weeks (60 days) | 90 days |
| | Vedolizumab | 8 weeks (60 days) | 90 days |
| | Ustekinumab | 12 weeks (90 days) | 135 days |
| Ulcerative colitis | Adalimumab (self-injectable) | 2 weeks (15 days) | 23 days |
| | Golimumab (self-injectable) | 4 weeks (30 days) | 45 days |
| | Infliximab | 8 weeks (60 days) | 90 days |
| | Vedolizumab | 8 weeks (60 days) | 90 days |
| | Ustekinumab | 12 weeks (90 days) | 135 days |