

INTESTINAL PERMEABILITY Collection Instructions

COLLECTION REQUIREMENTS

If you are uncertain of the collection procedure after reading these instructions, please contact our Customer Service on 1300 688 522 who will clearly explain the procedure.

Before proceeding, please check the following guidelines. Without taking these precautions your results may be inaccurate.

This test CANNOT BE PERFORMED IF YOU ARE A DIABETIC with a fasting urine glucose level over 6mmol/L.

IMPORTANT NOTES

- The evening before collecting the sample, start fasting from 11.00pm. NO food and only water to drink.
- Over the collection time of this test (6 hours), AVOID foods with fructose as these affect the test results. Common foods containing fructose include dietetic foods, fruit, fruit juices, honey and foods containing corn syrup. Check food labels for added fructose.
- AVOID foods which contain mannitol such as cauliflower, mushroom, snow peas, seaweed and watermelon, and 'sugar-free' gums and sweets. Mannitol is additive 421 - read food labels.
- DO NOT discard the fluid in the collapsible bag. AVOID contact of the fluid in the collapsible bag with your eyes or skin (wash area thoroughly if occurs).
- DO NOT inhale or ingest the fluid in the collapsible bag. Keep out of reach of children.
- Lactulose has no listed contraindications but minor abdominal cramps and flatulence may occur.
- Mannitol is contraindicated where there is clinical or radiological indication of bowel constriction. Minor abdominal cramps may occur.

PO Box 442, Ashburton, VIC, 3147



If you are under the care of a health care practitioner, testing should be professionally requested and interpreted. Patient self-request tests are not intended for the purpose of diagnosing illness or disease, but for monitoring of dietary and lifestyle changes.

KIT CONTENTS

Check contents of kit. If items are missing OR you have any questions regarding this kit, please contact Customer Service on 1300 688 522.

1 x Brown bottle (containing Mannitol 2g/Lactulose 3.34g ml/Glycerol 7ml) **[Adult]**

OR

1 x Brown bottle (containing Mannitol 0.75g/Lactulose 1.5ml/Glycerol 5ml) **[Child]**

1 x 4 litre collapsible urine collection bag with chlorhexidine (as a preservative)

1 x Plastic dropper

1 x Plastic tube (10ml with screw cap)

1 x Specimen transport bag

1 x Padded post envelope

1 x Request form

SPECIMEN COLLECTION

1. After rising, but before breakfast, empty your bladder into the toilet.
2. Add warm water to the syrup in the brown plastic bottle until it is $\frac{3}{4}$ full. Replace the lid firmly and shake the container vigorously to dissolve the white powder.
3. Drink the solution completely. If any residue remains, add more warm water and drink it also.
4. Write the time you drank the mixture on the request form and on the label of the urine specimen tube (10ml). For the following 6 hours, all urine that is passed must be collected into the 4 litre urine collection bag. After taking the syrup drink you may eat your normal breakfast.



5. To collect urine into the bag, expand the collection bag and pass all the urine in your bladder into the bag, replace the cap and mix it thoroughly. Read the total urine volume from the graduated scale on the side of the bag by holding the bag up from each corner.
6. Write the 6 hour total urine volume on the request form and on the label of the 10ml urine specimen tube.
7. Using the plastic dropper, transfer 10ml of well-mixed urine from the bag into the 10ml specimen tube. Screw the cap on tightly and label the tube with your name, date and time.
8. Place the tube in the re-sealable section of the specimen transport bag.
9. Ensure that the NutriPATH request form is completely filled out. This includes (patient name, date of birth, residential address, telephone number and credit card details).
10. Complete the 'NutriPATH Patient Checklist Form' to ensure no delays in test results.
11. Place this bag into the provided reply paid envelope and Express Post back to NutriPATH as soon as possible on the same day.

Thank you for your request, Results will be forwarded to your referring practitioner between 7 to 14 working days, depending on the analyses requested.