

INTESTINAL PERMEABILITY

Collection Instructions

Version 2: June 2019

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 read and follow all instructions carefully. Without taking these precautions your results may be inaccurate, or may result in a possible recollection being required.

IMPORTANT PRE-COLLECTION INFORMATION

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

- The evening before collecting the sample, start fasting from 11.00pm. NO food and only water to drink for at least 8 hours.
- Do not proceed with the urine collection if you are menstruating.
- Over the collection time of this test (6 hours), AVOID foods with **fructose** as these foods may 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, 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.
- This test is not suitable if you are pregnant. An alternative test may be considered such as Zonulin.

To view a demonstration video on how to collect your sample, please visit our website www.nutripath.com.au, enter your Test Name in the "Search for a product" section and click on collection method video.

"Thank you for your request. Results will be forwarded to your referring practitioner upon completion."

Intestinal Permeability Collection Kit

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.

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

OR

[Child Dose] If 30kg or under, take 2 teaspoons of solution after mixed.
Over 30kg is classed as an adult, and should take the adult dose.

1 x Plastic dropper (pipette)	1 x Reply Paid Post Padded Envelope
1 x Specimen transport bag	1 x Request form
1 x Glass tube (10ml with screw cap)	1 x Patient Checklist
1 x 4 ltr collapsible urine collection bag with chlorhexidine (as preservative)	

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.

SPECIMEN COLLECTION INSTRUCTIONS

1. Ensure that you have fasted for at least eight (8) hours prior to beginning this test.
2. After your overnight fast (of at least 8 hours), commence the test by firstly emptying your bladder (first morning urine) directly into the toilet.
3. Open the Lactulose/Mannitol brown bottle formula provided in the test kit.
4. Add warm water to the Lactulose/Mannitol formula in the brown plastic bottle until it is 3/4 full. Replace the lid firmly and shake the container vigorously to dissolve the syrup/ powder and to ensure the solution has been well mixed.
5. Consume the formula completely. If any residue remains, add more warm water and continue drinking until it is completely empty.
6. Note the time you consumed the formula on the request form and on the label of the urine (10ml) glass tube as this is your commencement time.
Eg. Consumed Lactulose/Mannitol formula 7:00 am.

SPECIMEN COLLECTION INSTRUCTIONS (CONT'D)

7. Continue to NOT eat or drink for two hours after taking the Lactulose/Mannitol formula. At two hours drink a glass of water.
8. It is recommended to drink at least one glass of water every hour until you finish your 6 hour urine collection. You may drink and eat as usual 2 hours after taking the Lactulose/Mannitol formula. However you **MUST** strictly avoid certain foods and beverages containing fructose (fruit sugar) and mannitol.
9. During the 6 hours period from the noted time of when you consumed the Lactulose/Mannitol formula, all urine that is passed **MUST** be collected into the 4 litre urine collapsible collection bag.
10. To collect urine into the bag, expand the collection bag and pass all the urine from your bladder into the urine bag, replace the cap and mix it thoroughly.
11. After your 6 hour collection, accurately read the total urine volume from The graduated scale on the side of the bag by holding the bag up from each corner.
12. Write the **6 hour total urine volume** on the request form and on the label of the 10ml urine specimen tube. **Eg. 650ml collection**
13. Using the plastic dropper, transfer 10ml of well-mixed urine from the bag into the 10ml specimen glass tube. Screw the cap on tightly and ensure that the tube is labelled with:
 - **First and last name**
 - **Date of birth**
 - **Date of collection**
 - **Test commencement time i.e. START 7:00am**
 - **Test completion time i.e. FINISH 1:00pm**
 - **Total 6 hour urine volume i.e. 650mls**
14. Place the labelled tube in the re-sealable section of the specimen transport bag.
15. Ensure that your NutriPATH request form has been correctly filled out and all patient information is correctly stated. This includes full patient name, date of birth, residential address and telephone number.
16. Complete the '**NutriPATH Patient Checklist Form**' to ensure no delays in test results.
17. Place the request form and specimen transport bag into the Reply Paid Post Padded Envelope and return to NutriPATH via your nearest Australia Post outlet or yellow express post bin on that same day.