

CODE: 2011

Intestinal Permeability

THE PROCESS

- This test requires a collection of urine samples over a 6 hour period
- The urine sample must be posted on Monday, Tuesday or Wednesday
- Do not complete test during menstruation or if you have blood sugar over 6mmol
- This is a fasting test
- It is not suitable for pregnant women
- You'll be required to consume a Lactulose/Mannitol drink
- You will need to return the sample to NutriPath using the postage packaging provided
- Watch this [short instructional video](#)

How to perform the collection:

- Empty your bladder into the toilet upon waking
- Add warm water to the brown bottle until 3/4 full. Shake well.
- Consume the liquid fully (note the time)
- **NO FOOD OR LIQUIDS FOR TWO HOURS** after drinking solution
- After the two hours, drink a glass of water every hour until test is finished. Eat as normal avoiding the below foods
- During the 6 hours, **collect ALL URINE** that is passed into the pouch
- Write the **total amount** of urine collected on the request form
- **Using the dropper, transfer 10ml of urine from the collection bag into the glass tube.**

During the 6 hour collection window:

- Do not eat **fructose foods** (fruit juices, fruit, honey, products containing corn syrup)
- Do not eat **mannitol** containing foods (cauliflower, mushrooms, snow peas, seaweed, watermelon and 'sugar free' gums and snacks - additive 421)



READ THE INSTRUCTIONS INCLUDED IN THE TEST KIT BEFORE COMPLETING TEST

Ensure sample is collected correctly.
The lab charges a \$50 retesting fee for incorrect samples