



Healthscope

FUNCTIONAL PATHOLOGY

formerly  **Functional Pathology**

TEST KIT INSTRUCTIONS

FUNCTIONAL LIVER DETOXIFICATION PROFILE (FLDP)

Urine and Saliva specimen collection

Test Kit Information

You are about to do a Healthscope Pathology Functional Liver Detoxification Profile (FLDP) test designed so that you can collect specimens in the privacy of your own home. The FLDP involves taking set doses of caffeine, aspirin and paracetamol, then collecting 2 saliva specimens and 1 urine specimen. Please follow the steps below in sequence, and then tick the checklist below when you have completed your test. The test kit instructions contain all the information you need to successfully complete this test.

Test Kit Contents:

- Tablet pack – Caffeine (3 x 100mg), Paracetamol (1.5 x 500mg), Aspirin (2.5 x 300mg)
- 2 saliva specimen tubes
- 1 two litre urine collection bottle (must be fully extended)
- 1 plastic pipette (for urine collection)
- 1 urine specimen tube
- Blue towelling (to wrap specimen tubes)
- Clear plastic specimen bag
- Reply Paid Envelope

Note: Specimens must be collected on a Monday, Tuesday or Wednesday to ensure they are returned by post to Healthscope Functional Pathology before the close of business on Friday.

PREPARATION FOR THE TEST

The Day before the Test

Follow your normal diet, however **do not** eat or drink any of the following on the day before or the day of the test:

-Caffeine (coffee, tea, chocolate and cola drinks; note migraine drugs such as Cafergot [ergotamine tartrate], guarana and some weight loss supplements also contain caffeine). Note: Herbal teas (non-caffeinated) can be consumed

- Aspirin
- Paracetamol
- Non-Steroidal Anti-inflammatory Drugs (eg Nurofen)
- Dried fruit
- Alcohol

This test involves a sequence of steps to be followed over a 24 hour period which is summarised below.

Note: if you are allergic to aspirin you must NOT take the aspirin but you can still do this test.

0800 – Take caffeine tablets

1000 – Collect 1st Saliva Specimen

1600 – Collect 2nd Saliva Specimen

2200 – Empty bladder and take aspirin and paracetamol. Collect all urine passed from this point

0800 – Half fill the urine specimen tube with the urine collected. End of test

Step 1 – Saliva Collection – 2 Specimens

8.00am – take the CAFFEINE tablets

Take the correct number of caffeine tablets according to your weight

Your Body Weight

Less than 36kg (80lbs)

From 36kg (80lbs) to 59kg (130lbs)

From 59kg (130lb) to 100kg (220lb) and over

Caffeine Test Dose

Take **1** tablet

Take **2** tablets

Take **3** tablets

Note: Each tablet contains 100mg of caffeine, which is the equivalent of one cup of coffee

- Collect your saliva specimens at **10.00am** in the ‘first sample tube’ and **4.00pm** in the ‘second sample tube’
- Avoid all food and drink (except water) 30 minutes prior to the collection of each specimen
- Do not brush your teeth or apply make-up/lipstick prior to saliva collection
- Rinse your mouth out with water 5 minutes before each collection
- Fill the saliva specimen tube halfway with clear saliva

Important – do not express mucous or sputum from the back of the throat into the saliva tube

- Secure the cap, print your name and the date on the saliva specimen tube
- Put the specimen tubes into the sealed section of the clear plastic specimen bag and keep in the refrigerator away from food until all the specimens are collected.

How Can I Produce Enough Saliva?

- **Firstly RELAX! Sit quietly for a few minutes and let the saliva accumulate in your mouth until you feel ready**
- **Some tips that may help to stimulate saliva flow:**
 - Press the middle of your chin with your finger (this is an acupressure point)
 - Sit with a cookbook or magazine and look at the pictures
 - Think of your favourite food/meal or cook it!

Step 2 – Urine Collection

Prepare the 2 litre urine collection bottle

- First loosen the cap enough to allow air to enter the bottle (don't remove cap at this stage)
- Grasp the cap and the bottom to expand the bottle to full size (approximately 25cm (10 inches) at full size)
- The bottle should look like the diagram as shown to ensure proper collection

Note: a preservative solution (chlorhexidine) has been added to the bottle as a bactericide

- First empty your bladder at **10.00pm**. Then take the **aspirin and paracetamol tablets with water**
- Collect all urine passed from this point until **8.00am** in the 2 litre urine collection bottle. This includes any urine passed during the night
- At 8.00am, note the total amount of urine collected and write this **total on the label of the urine specimen tube AND on the Practitioner Request form**
- Using the plastic pipette, half fill the urine specimen tube full with urine from the 2 litre bottle
- Place the cap **tightly** on the urine specimen tube to prevent leakage
- Print your name date of birth and date of collection on the label of the urine specimen tube
- Place in the clear plastic specimen bag with saliva specimens. Wrap all specimens in the blue towelling and place in the sealed section of the clear plastic specimen bag
- Flush the remaining urine in the 2 litre collection bottle down the toilet and dispose of the empty bottle (Do not send the bottle back to Healthscope Functional Pathology)

Step 3 - Returning Specimens to Healthscope Functional Pathology

- Put the sealed clear plastic specimen bag with the **practitioner request form** (in the unsealed section) into the Reply Paid Envelope. **Seal it and post immediately**. Note: a stamp is not required if posted in Australia
- Saliva and urine integrity is maintained at room temperature during delivery to Healthscope Functional Pathology

Step 4 - Payment

All Healthscope Functional Pathology tests must be prepaid when ordered. A packaging and postage fee applies per order.

- If you have not already paid for this test, payment must be made by attaching a cheque or money order, or enclose Visa or MasterCard details on the practitioner request form
- Enclose your payment with the Practitioner Request Form in the unsealed section of the clear plastic specimen bag

CHECKLIST:

Tick each of the following to ensure you have completed this test correctly

- Avoid caffeine, alcohol, aspirin, paracetamol, Non-Steroidal Anti-inflammatory Drugs and dried fruit for 24 hours before the test and during the day of the test
- Collect 2 saliva specimens and 1 urine specimen
- Secure the lids tightly
- CleHealthscopey label the tubes with your name and the date
- Write your contact details and the total urine volume on the **Practitioner Request Form**
- Place all 3 specimens in the sealed section of the clear plastic specimen bag
- Place the Practitioner Request Form in the unsealed section of the clear plastic specimen bag
- Put the bag into the Reply Paid Envelope and post immediately

Test results will be sent directly to your practitioner. Healthscope Functional Pathology thanks you for taking the time to complete this test carefully.

Frequently Asked Questions (FAQS)

- **Will I experience any side-effects from the caffeine, aspirin and/or paracetamol?** This is unlikely, but refer to the information on contraindications and adverse reactions to these substances below
- **What if I feel unwell during the test?** Contact your practitioner directly
- **What if I forget to take the tablets?** Your will need to start the test again

PLEASE READ THE INFORMATION BELOW ON THE CONTRAINDICATIONS AND POSSIBLE ADVERSE REACTIONS TO THE MEDICATIONS USED IN THIS TEST

If you have any concerns regarding these medications, please contact your practitioner

CAFFEINE

Contraindications: none reported

Adverse Reactions: Although uncommon, some people may experience increased nervousness, irritability, sleeplessness and irregular or fast heart beat.

ASPIRIN

Contraindications: Patients on anticoagulant therapy such as warfarin, bleeding disorders, hypersensitivity to aspirin and other salicylates, asthma, peptic ulcer, erosive gastritis, severe liver disease, kidney disease, uraemia

Adverse Reactions: gastrointestinal disturbances such as nausea, indigestion

PARACETAMOL

Contraindications: none reported

Adverse Reactions: reports of adverse reactions to paracetamol are rare; however mild effects such as indigestion, nausea, allergic and haematological reactions have been reported. A causal relationship between these reactions and the administration of paracetamol has neither been confirmed nor refuted.