



Healthscope

FUNCTIONAL PATHOLOGY

formerly  **ARL Functional Pathology**

TEST KIT INSTRUCTIONS

INTESTINAL PERMEABILITY (IP) 6 Hour Urine Specimen Collection

Test Kit Information

You are about to do a Healthscope Functional Pathology Intestinal Permeability test, designed so that you can collect specimens in the privacy of your own home. This is a challenge test using Lactulose and Mannitol (the enclosed syrup) which requires a 6 hour urine collection. 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

- One yellow container (Lactulose/Mannitol syrup)
- One urine specimen tube
- Plastic pipette (for urine collection)
- One 2 litre urine collection bottle (must be fully extended)
- 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 ARL Pathology before the close of business on Friday.

If you do not understand the instructions or have a question regarding the contents of your test kit, please call Healthscope Functional Pathology customer service between the hours of 8.30am and 5.30pm (EST).

PREPARATION FOR THE TEST

- Fast overnight from 10pm before starting the test (water may be consumed during this time)
- Avoid all foods and drinks containing fructose during the 6 hour collection as these may interfere with the results

- Fructose is found in the following: all fruits, fruit juices and drinks containing glucose, fructose, corn syrup, malt and rice syrup, plus all jams, chocolate and honey (please check food labels carefully for these ingredients)
- If you are taking medications such as Aspirin and/or Non Steroidal Anti-inflammatory Drugs such as Naprogesic, Naprosyn or Nurofen, please make sure you note them on the Practitioner Request Form
- Do not collect urine during menstruation

Step 1 – Prepare the Two Litre Urine Collection Bottle

- First loosen the cap to allow enough 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 small amount of a preservative solution (chlorhexidine) has been added to the bottle as a bacteriocide. Do not touch this solution.

Step 2 - Drinking Syrup and Urine Collection

1. On rising **completely empty your bladder** before commencing the urine collection
3. Take the yellow container (Lactulose/Mannitol syrup) and add warm water until the container is $\frac{3}{4}$ **full**
4. Put the lid on tightly and shake the contents vigorously until all of the syrup is dissolved
5. Drink **all** the mixture (if some white residue remains, rinse with additional warm water and drink)
6. Continue with your normal diet e.g. breakfast
7. **Drink only 1 - 2 glasses of water during the 6 hour collection period (avoid tea, coffee and soft drinks)**
8. Over the next **6 hours** collect **all** urine in the 2 litre plastic bottle provided
9. After each urine collection put the cap on the bottle tightly and shake it gently several times
10. **Completely empty bladder at the 6 hour mark into the 2 litre urine collection bottle**
11. Record the total volume of urine collected on the Practitioner Request Form and the urine specimen tube
12. Gently shake the bottle one final time. Take the pipette and **half fill the urine specimen tube with urine from the bottle**
13. Seal the lid of the tube securely and fill in your name, date of birth and date of collection on the urine tube
14. Wrap the tube in the blue towelling provided, place in the sealed section of the clear plastic specimen bag and seal the bag closed

15. Discard any remaining urine from the 2 litre bottle and the bottle and pipette (do not return 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
- 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 credit card details for Visa, MasterCard or Bankcard 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

- Fast overnight from 10pm
- Completely empty your bladder before beginning the test
- Drink sugar syrup and collect urine for 6 hours. Half fill specimen tube
- Write your name, date of birth, date and time of collection on the label of the urine specimen tube
- Wrap the urine specimen in the blue towelling and place it 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, seal 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)

- **What if I have completed my test on a weekend?**
Store your specimen in the refrigerator and post immediately on Monday
- **I am taking vitamin/mineral supplements. Will this affect the test results?** No. It is not necessary to stop taking supplements to complete this test unless instructed otherwise by your practitioner
- **If I am on prescribed medication will it affect this test?** If you routinely take certain medications you should continue to do so during the test unless instructed otherwise by your practitioner