

Returning your specimen to Age Diagnostic Laboratories

- Put the specimen into the sealable section of the biohazard specimen transport bag supplied
- Place the completed request form into the non-sealable section of the biohazard specimen transport bag supplied
- Place the biohazard specimen transport bag into the Fedex clinical pak provided
- Post sample to Age Diagnostic Laboratories (ADL)
- If you are unable to ship the specimen immediately, store the filled tube in the refrigerator. Send the specimen to ADL or your ADL agent within 3 days of collection.

If you are outside of the USA return specimen as per the instructions from your local ADL agent (if applicable).

Results

Your healthcare practitioner can expect to receive results 2-3 weeks after Age Diagnostic Laboratories (ADL) receives the specimen.

Testing should ideally be professionally requested and interpreted. Patient requested tests however are permitted but are intended for informational purposes only.

For further information about this and other tests that are available from Age Diagnostic Laboratories (ADL) please refer to our website:

www.adltests.com

**Intestinal
Permeability
specimen collection
instructions**

Before you start

Check the contents of the test kit

- Either:
 - ADULT KIT: 1x Brown plastic bottle containing Mannitol (1.5 g), Lactulose (2.5 mL) & Glycerol (10 mL)
 - or CHILD KIT: 1x Brown plastic bottle containing Mannitol (0.75 g), Lactulose (1.5 mL) & Glycerol (5 mL)
- 1x 4 Liter Urine collection bag for 6 hour urine collection
- 1x Plastic dropper
- 1x 10 mL Plastic tube
- 1x Age Diagnostic Laboratories (ADL) request form
- 1x Specimen collection instructions
- 1x Biohazard specimen transport bag
- 1x Fedex clinical pak

If items are missing or you have any questions regarding the test kit, please contact Age Diagnostic Laboratories (ADL) on 877 983 7863 or contact your local ADL agency.

Read the enclosed instructions before proceeding.

This kit can be used for any of the following tests

- Intestinal Permeability Test (2011)

Practitioner, payment and testing details

Complete the ADL request form enclosed.

Be sure to complete all patient information and payment options.

Safety

- Check to ensure you have the appropriate kit for either an adult or child, i.e. whether you have the correct strengths of mannitol, lactulose and glycerol
- We cannot perform this test if you have diabetes and your fasting urine glucose level is above 6 mmol/L
- **Caution!** Do not discard the fluid in the collection bag. Avoid contact of the fluid in the collection bag with your eyes or skin (wash the area thoroughly if this occurs). Do not inhale or ingest the fluid in the collection bag (contact your healthcare practitioner if this occurs)
- **Lactulose:** In some individuals, minor abdominal cramps and flatulence may occur
- **Mannitol:** Do not ingest if there is any indication of bowel obstruction. Consult your practitioner if you are not sure. In some individuals minor abdominal cramps may occur. Nausea is rare.

To ensure we can provide accurate results

- Do not eat any food from 11pm onwards the night before collecting the sample. You may have water during this time
- Female patients should not collect urine during a menstrual period
- Over the collection time of this test (6 hours after ingestion of the Mannitol and Lactulose) avoid foods containing fructose as these will affect the test results. Common foods containing fructose include dietetic foods, fruit, fruit juices, honey and foods containing corn-syrup. It is advisable to check food labels for added fructose.

Specimen collection

- After rising but before breakfast, empty your bladder into the toilet
- 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
- Drink the solution completely. If any residue remains, add more warm water and drink it also
- Write the time you drank the mixture on the request form and on the label of the urine specimen tube
- For the following 6 hours, collect all urine produced into the 4 litre urine collection bag
- After taking the drink, you may eat breakfast and lunch during the following 6 hours, however be sure to avoid foods containing fructose as these will affect the test results. Common foods containing fructose include dietetic foods, fruit, fruit juices, honey and foods containing corn-syrup. It is advisable to check food labels for added fructose
- Once six hours has passed, pass all the urine in your bladder into the 4 litre urine collection bag. Replace and tighten the cap on the collection bag and mix the urine thoroughly
- Read the total urine volume from the graduated scale on the side of the bag, by holding the container up by the two corners
- Write the 6 hour urine volume on the request form and on the label of the 10 mL urine specimen tube
- Mix the urine thoroughly. Using the plastic dropper, transfer 10 mL of the urine from the collection bag into the 10 mL urine specimen tube. Screw the cap on tightly and label the tube with your name, the date and the time.