

Directions



PCNZDiagnostic

Intestinal Permeability Test

Before you Start

- Check the contents of the collection box:
 - 1 x Brown Plastic Bottle containing Mannitol 1.5 g/Lactulose 2.5 mL/Glycerol 10 mL
 - 1 x 24 Hr Collection Bag
 - 1 x Plastic Dropper
 - 1 x 10 mL Plastic Tube
 - 1 x Padded Envelope
 - 1 x Labelled Courier Bag
 - 1 x Lab Specimen Transport Bag
 - 1 x PCNZDiagnostic Request Form
 - 1 x Directions for the Intestinal Permeability Test
- Read the enclosed instructions before proceeding.

Practitioner, Payment and Testing Details

- Fill in the PCNZDiagnostic Request Form enclosed.

Safety Notes

- **The contents of this test box are appropriate for testing adults only.** Please contact PCNZDiagnostic if you would like to test a child using this test.
- **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 collapsible bag. Avoid contact of the fluid in the collapsible bag with your eyes or skin** (wash the area thoroughly if this occurs). **Do not inhale or ingest the fluid in the collapsible 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.

Specimen Collection Instructions

- After rising and before breakfast, pass urine 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.

Call **0800 HORMONE (467 6663)** to speak to Jo-Anne Moore, Diagnostic Co-ordinator

62C Diana Drive, Wairau Valley, North Shore 0627, PO Box 101-142, North Shore Mail Centre 0745, Auckland New Zealand
DDI: 64 9 442 1724 Email: jo@pcnzltd.co.nz Ph: 64 9 442 1727 Fax: 64 9 442 5851 Email: info@pharmaceutical.co.nz Website: www.pharmaceutical.co.nz
PCNZDiagnostic Directions Intestinal Permeability Test A4 18-02-15 Page 1 of 2 Copyright © Pharmaceutical Compounding NZ Limited 2015 Page 1 of 2

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- Write the time you drank the mixture on the request form (section 4) and on the label of the urine specimen tube.
- For the following 6 hours, collect all urine produced into the 24 Hour 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 24 Hour collection bag. Replace and tighten the cap on the collection bag.
- Place the bottle on a horizontal surface and read the total urine volume from the graduated scale on the side of the bag.
- 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 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.

Returning the Specimen to PCNZDiagnostic

- Put the 10 mL urine specimen tube in the sealable section of the specimen transport bag supplied.
- Place the PCNZDiagnostic Request Form in the non-sealable section of the specimen transport bag supplied.
- Place the plastic bag into the padded envelope provided and place these into the labelled courier bag with the delivery address.
- Contact **CourierPost on 0800 268 7437** stating that the courier is prepaid. The courier bag is already labelled with the delivery address to:

PCNZDiagnostic, 62C Diana Drive, Glenfield, Auckland 0627

- Store the sample in the refrigerator until pickup.

Results

Your practitioner can expect to receive results approximately 4 weeks after PCNZDiagnostic receives the specimen.

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