

## Step 2:

*Unfold panel to display complete instructions for Step 2*

## Step 3:

### Ship the specimen to the lab

**Specimen must be returned in the Genova Diagnostics kit box for correct delivery to the lab. Not following these instructions may result in a shipping charge.**

- Plan to ship the specimen **Monday – Friday overnight delivery only.**
- Call 1.800.GoFedEx (**1.800.463.3339**) to schedule shipping. When the automated system asks “How may I help you?” say “*Return a Package.*” Tell the FedEx representative “*I am using a billable stamp*” and they will walk you through the process and make it easy.
- **Seal all specimen tubes in the biohazard bag.** Place biohazard bag along with the frozen Gel Freezer Pak inside the **Flexfoil pack**.
- **Slide Flexfoil pack inside kit box** and place your **completed and signed requisition form** on top before closing. **Do NOT staple or tape box.**
- **Print your name and address** in the section marked “From” on the prepaid shipping envelope label. **DO NOT mark or write in any other sections.**
- Put the kit box into the prepaid mailing envelope and seal the envelope.
- Keep your shipment and tracking numbers for future reference and tracking purposes.

# Intestinal Permeability

## Patient Instructions

IS-320



## Check Your Kit

- A - 1 Bottle Lactulose/  
Mannitol drink mix
- B - 1 Collection cup
- C - 1 “Pre-Drink” specimen  
tube (white top)
- D - 1 “Post-Drink” specimen  
tube (purple top)
- E - 2 Pipettes
- F - 1 Blue urine collection container
- G - 1 Biohazard bag with absorbent pad
- H - 1 Gel Freezer Pack
- I - 1 Flexfoil Pack
- J - 1 Prepaid mailing envelope
- K - 1 Requisition (to be completed and signed)

- *If any items are missing or expired, call Client Services at 800.522.4762 and press “1”.*
- Keep the kit box for shipping your specimen to the lab.

# Step 1:

## Important things to know and consider

- **Extreme care** should be used when opening and filling vials. Do not spill or discard any tube fluid. Avoid contact of the eyes or skin with the fluid in the tube. For contact with eyes, wash thoroughly for 15 minutes. For skin contact, wash thoroughly with soap and water. Do not inhale or ingest liquid. For accidental ingestion, contact your healthcare provider at once.
- Tell your healthcare professional if you have an abnormally high glucose level; this will interfere with testing. We cannot perform this test on diabetics with >105mg/dl fasting urine glucose concentration. If you have had allergic reactions to foods (including sugar-free foods, beverages, candies, gum and mints), dietary supplements, dental products or medicines (prescription and over-the-counter) containing sugar alcohols like sorbitol or xylitol, you should NOT take this test. It is also NOT recommended for individuals who have had allergic reactions to lactulose or are on lactose-restricted diet.
- Certain medications – such as aspirin, other anti-inflammatory drugs, antacids containing aluminum or magnesium hydroxide (eg, Maalox liquid, Equate, Milk of Magnesia, Rolaids, Mylanta) as well as drugs that contain sorbitol and/or mannitol – may affect your test results.. Please let your healthcare professional know about any medications or supplements you are using before taking this test. It is recommended that you avoid the use of these medicines for at least 72 hours before taking this test.
- **At least 4 hours prior to collection:** Gel Freezer Pack must be frozen a minimum of 4 hours before shipping.
- **The night before the test:** Do not eat or drink anything for at least eight hours before beginning this test.
- **The day of the test:** Do not eat or drink for two hours after taking the test drink. At two hours, drink a glass of water. Drink at least a cup of water every hour until you finish your test. You may eat and drink as usual two hours after taking the test drink; however, you **MUST** avoid certain foods or beverages, especially those containing fructose (fruit sugar), during the test. Please read all labels to double-check. These include:
  - Fruits, fruit juices, jams, jellies, etc.
  - Soft drinks and foods sweetened with high fructose corn syrup
  - Any dairy products
  - Dietetic chocolate
  - Honey
  - Mushrooms, beans (legumes including peanuts), celery
  - Chewing gum

## Schedule & Prepare for Collection

- **Plan for Monday-Friday collection only:** Specimens must be received in the laboratory within 24 hours of collection.
- **Contact FedEx and schedule to ship the specimen overnight delivery** Monday – Friday.
- **Freeze the enclosed gel pack** a minimum of 4 hours before shipping.
- **Complete the Requisition Form** with all patient and billing information. Be sure it is signed by the Patient/Responsible Party and the healthcare provider.

# Step 2:

## Urine Collection

Not following these instructions may affect your test results.



# 1

After your overnight fast, collect your first morning urine in the small plastic cup. *(Note: If you wake up to urinate during the night within six hours before your rising time, collect your urine and refrigerate it; then add that refrigerated sample to the urine you collect when you rise for the day.)*



# 2

Using the pipette, fill the white top “Pre-Drink” tube to 1cm below the top of the tube with the urine collected in step 1. Screw the cap tightly on the tube and invert several times. Write your name, the time, and date of collection on the tube label. Place tube in Biohazard bag and refrigerate. Discard remaining urine and pipette. Rinse collection cup and let air-dry.



# 3

Open the Lactulose/Mannitol drink mix. Fill bottle up to the fill line with water. Replace bottle lid and close bottle. Mix drink by shaking bottle vigorously.



# 4

Drink all the Lactulose/ Mannitol solution. Note the time here: \_\_\_\_\_



# 5

Collect all of your urine for six hours after taking the test drink. Use the small plastic cup to collect your urine and pour it into the large container. Keep refrigerated.



# 6

Six hours after drinking the test drink, collect a final urine sample and pour it into the large container. Cap the container securely. Place the container on a flat surface and read the amount of urine in the container.



# 7

Write the total amount of urine in the container on the requisition form in the space labeled “Total Urine Volume.” The analysis cannot be completed without this information.



# 8

Make sure cap is on tight and shake large container vigorously at least 10 times to mix urine with sugars that settle to the bottom.



# 9

Using the other pipette, fill the purple top “Post-Drink” tube to 1cm below the top of the tube with urine from the large collection container. Tightly screw cap on tube and invert several times. Write your name, the time, and date the specimen was collected on the tube label. Discard the pipette, the remaining urine, and the large container. Keep refrigerated until shipment.

**Consult your healthcare provider if you have any questions at any time during this test.**