

LEAKY GUT TEST

INSTRUCTIONS

Thank you for purchasing this test. We're delighted to join you on your health journey.

The science behind the test

A healthy gut is selectively permeable. This means small, digested particles of food are given a free pass to get through the gut wall, but anything larger (and/or potentially harmful) isn't allowed. If someone is suffering from leaky gut, these larger, potentially harmful substances can slip through the gaps.

This test mixture (known as PEG 400) contains molecules of 11 different sizes. After a person drinks the solution, we can see which molecules end up in circulation by testing their urine. Based on the size of the molecules, we can work out if a person's gut is more permeable (or leaky) than it should be. Don't worry—the PEG 400 solution doesn't interfere with your body's chemistry and it isn't harmful.

Based on the information gathered, we can make targeted recommendations to support your gut health and enhance your wellbeing.



IMPORTANT Before you take the test

To make your test results as accurate as possible, it's important you follow these guidelines.



Do NOT take the test if:

- You have diarrhoea or gastroenteritis.
- You're taking medication containing Movicol (Macrogol).
- You're taking a diuretic.
- You're taking the supplements Zinc or Vitamin C (Stop 3 days before the test)

You must wait until digestion is normal before taking this test.

You must NOT stop taking any medication in order to take the test.



You must **fast for at least 3 hours** before taking the test. For this reason, most people find it easiest to take this test first thing on waking.



You must **not eat or drink** anything (apart from the PEG dose) during the first 2 hours of test.



You must return the sample within **72 hours**. If there's any delay in posting, it's important that you put the sample in fridge.

TEST KIT CONTENTS

We've partnered with a functional testing lab called Biolab to provide this test.
Your test kit contains the following:

- | | |
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| <input type="radio"/> 1 x test instructions sheet (this sheet) | <input type="radio"/> 1 x empty sample bottle |
| <input type="radio"/> 1 x patient request form | <input type="radio"/> 1 x plastic transport tube |
| <input type="radio"/> 1 x 3g PEG dose | <input type="radio"/> 1 x pair of gloves |
| <input type="radio"/> 1 x antibacterial wipe | <input type="radio"/> 1 x freepost address label |
| <input type="radio"/> 1 x return envelope | <input type="radio"/> 1 x biological substance label |

TAKING THE TEST

-  1. Read the 'IMPORTANT: Before you take this test' box on the first page.
-  2. Check you have all the test kit contents using the list above, and fill in the request form.
-  3. After fasting for at least 3 hours, empty your bladder (a.k.a. do a wee).
-  4. Mix the PEG dose with 250ml (small glass) of water and drink immediately.
-  5. Collect all urine passed during the next 6 hours into a convenient washed container. A container with a capacity of 1.5 litres (such as a washed water bottle - no soap) works well.
-  6. Do not eat or drink anything for 2 hours after drinking the PEG dose. Make sure the last urine collection is exactly 6 hours after taking the PEG dose.
-  7. If you can accurately measure the total volume of urine collected, you can return a small, well-mixed sample in the empty sample bottle provided. Make sure you label the sample bottle with your name, 'PEG TEST, date of birth and the total volume of urine collected (this is important, as it's required for accurate interpretation of the results). Place the sample in the plastic transport tube, ready for posting.
-  8. If you can't work out the total volume of urine collected, you can return the full sample. Clearly label the urine container with your name and date of birth and 'PEG TEST'.
-  9. Return your sample along with the completed patient request form and return to Biolab within 72 hours. If there's any delay in posting, make sure you put the sample in the fridge.

Return samples, attaching your Biological Substance Category B label and Freepost Healthpath label to the return envelope. No further address is needed. If you prefer to arrange a recorded delivery the address is: Biolab Ltd, The Stone House, 9 Weymouth Street, London, W1W 6DB, UK.

WHAT HAPPENS NEXT?



Results take 10-15 working days from receipt of sample. As soon as your results are ready, you'll receive an email notification from Healthpath. You can then log onto your Healthpath account to view your results and see personalised recommendations.