

COLLECTION INSTRUCTIONS

Your leaky gut collection

This test looks at how well your gut lining holds its barrier. You drink a measured sugar solution, then collect all your urine over the next six hours – the mix of sugars that comes through tells the story.



A simple test you do at home

Your kit is posted directly to you – no collection centre visit needed. It takes one morning: an overnight fast, the drink, then a 6-hour urine collection you mail back to the lab.



Please check this first

This test **isn't suitable during pregnancy**, or **if you're diabetic with a fasting urine glucose over 6 mmol/L**. Don't collect **while menstruating**. If any of these apply, check with your practitioner before starting.



Fast overnight

at least 8 hours, water only



Drink the solution

in the morning



Collect for 6 hours

all urine, into one bag

Foods to avoid

From your evening fast through to the end of the 6-hour collection, these can affect your result – so leave them out:

FRUCTOSE Fruit, fruit juices, honey, corn syrup and "dietetic" foods – check labels for added fructose.

MANNITOL Cauliflower, mushroom, snow peas, seaweed, watermelon, and "sugar-free" gums and sweets (mannitol is additive 421 – check labels).

Check your kit

- Brown bottle (the sugar solution)
- 10 ml glass tube (screw cap)
- Specimen transport bag
- Reply-paid padded envelope
- 4-litre collapsible urine bag
- Plastic dropper (pipette)
- Request form & Patient Checklist
- Collection instructions

1 Collecting your sample

Start fasting the evening before – from about **11 pm**, have **nothing but water for at least 8 hours**.

1 Start the test

- 1 First thing in the morning, **empty your bladder into the toilet** and discard it – your timed collection starts **after** this.
- 2 Open the brown bottle and **add warm water until it's about $\frac{3}{4}$ full**. Replace the lid firmly and **shake well** to dissolve.
- 3 **Drink it all**. Rinse any residue with a little more warm water and finish that too. (If you weigh 30 kg or under, take 2 teaspoons of the mixed solution instead of the full bottle.)
- 4 **Note your start time** on the request form and on the glass-tube label – for example, "7:00 am". This is your commencement time.

2 Collect for 6 hours

- 1 For the next **6 hours**, collect **all of your urine** into the 4-litre collapsible bag. Sip water through the morning so you're able to go.
- 2 Don't tip out the fluid already in the bag – it's a **preservative**. Keep it off your skin and eyes, don't drink it, and keep it away from children.
- 3 After 6 hours, **note your finish time**. Hold the bag up by each corner and **read the total volume** off the graduated scale – write it on the request form and tube.
- 4 Using the dropper, **transfer a sample into the 10 ml glass tube** and cap it. Label it with your name, date of birth, date, total volume, and start & finish times, then place it in the transport bag.

2 Packing & sending

There's no need to freeze or refrigerate this sample – just send it back the same day.

- 1 Once your labelled tube is in the transport bag, you can **safely discard** the remaining urine and the collapsible bag.
- 2 Check your **request form** is complete (name, date of birth, address, phone) and complete your **Patient Checklist**. Place the form into the transport bag.
- 3 Seal everything into the **reply-paid padded envelope** and post it back the **same day** via your nearest Royal Mail post box or Post Office.

What this test measures

The two sugars are absorbed differently, so their recovery in your urine reflects your gut barrier:

Lactulose Recovery

Mannitol Recovery

Recovery Ratio

Good to know. The solution can cause some minor, short-lived abdominal cramps or wind – this is normal. If you have a known bowel narrowing/obstruction, check with your practitioner first.

Before you post – quick check

- ☒ Full **6-hour collection** done and **total volume recorded**
- ☒ **Start & finish times** noted on the form and the tube
- ☒ Sample tube **labelled and capped**
- ☒ Request & Checklist forms **complete**, posting **the same day**

Your results: Once the lab receives your sample, your results and personalised insights appear in your secure i-screen dashboard, typically within **10–12 days**. We'll email you as soon as they're ready. Unsure of anything? Email us at **info@i-screen.ai before you begin**.