

COLLECTION INSTRUCTIONS

Your Platinum Gut Health Check

This is our most complete gut assessment — **four separate tests** that together map your microbiome, digestion, gut lining and food responses. Each has its own kit, its own preparation, and its own return packaging.

**Done at home, over a couple of weeks**

You don't do everything at once. The tests have different (and sometimes opposite) preparation, so the next page sets out a simple order to work through them in.

What's included**STOOL****Microbiomics Advanced Gut**

A PCR stool test mapping bacteria, parasites, yeasts, pathogens and digestive markers (calprotectin, elastase, sIgA, zonulin, SCFAs and more).

BREATH**SIBO Lactulose Breath Test**

Timed breath samples after a lactulose drink, to look for bacterial overgrowth in the small intestine.

BLOOD**Food Intolerance (IgG)**

A finger-prick blood spot screening your IgG response to 96 foods, with a Rotation Diet Guideline.

URINE**Intestinal Permeability (Leaky Gut)**

A lactulose/mannitol drink then a 6-hour urine collection, to assess your gut-barrier integrity.

One thing to know up front: the food-intolerance test needs you **eating normally**, while the SIBO and leaky-gut tests each need a **fasting morning** — so they can't all be done on the same day. The plan opposite handles this for you.

1 A simple order to work through

Sort the shared preparation first, then collect the four samples across a week or two. Only ever start or stop a medication on your practitioner's advice.

Shared preparation – applies across the tests

- ☒ Finish any **antibiotics or antifungals** at least **2–4 weeks** before collecting (affects the stool & SIBO tests most).
- ☒ Stop **probiotics** about **7 days** before, where your practitioner agrees.
- ☒ Keep eating your **normal, varied diet** throughout – this is needed for the food-intolerance test.

1 Food intolerance – any morning you're eating normally

A quick finger-prick. No fasting; in fact you need to have been eating the foods being tested.

2 Stool – on a collection day (Mon–Wed)

Collect whenever you're ready, then refrigerate and post promptly. Fits around the other tests.

3 SIBO breath – a fasting morning (Sun–Tue)

A 12-hour fast, then about 3 hours of timed breath samples at home.

4 Leaky gut – a separate fasting morning

An 8-hour fast, the sugar drink, then a 6-hour urine collection.



Keep SIBO and leaky gut on different days

Both use a **lactulose** drink and both need a **fasting morning**, so they must be done on **separate days**. Leave a gap between them.

TEST 1 • MICROBIOMICS ADVANCED GUT

2 The stool sample**Before you collect**

- ☒ Antibiotics/antifungals finished **2–4 weeks** ago; probiotics stopped **~7 days** ago.
- ☒ Collect on a **Monday, Tuesday or Wednesday** so it isn't in transit over a weekend.
- ☒ Don't collect if you have **active diarrhoea from a stomach bug**, or while menstruating.

- 1** Catch the stool so it **doesn't touch toilet water or urine** – for example on clean paper laid over the bowl.
- 2** **Fill each collection tube as labelled** – scoop from a few different spots into the preservative tubes up to the fill line, and use the swab for the swab tube. Replace and tighten every cap.
- 3** **Label every tube** with your name, date of birth and the date & time, then seal them in the specimen transport bag.

**Refrigerate – never freeze**

Once collected and labelled, keep your stool tubes in the **fridge** until you post them, then send the same day. Freezing damages the sample.

Before you post – quick check

- ☒ All tubes **filled to the line**, capped and **labelled**
- ☒ **Refrigerated**, sealed in the transport bag, posting on a Mon–Wed

Follow the exact tube order and fill lines on your **stool kit's own instruction card** – the number and type of tubes can vary.

TEST 2 • SIBO LACTULOSE BREATH TEST

3 The breath test

Before your test morning

- ☒ **2–4 weeks:** finished antibiotics/antifungals. **7 days:** no laxatives or probiotics.
- ☒ **The day before:** eat only plain foods (plain chicken/fish, white rice, eggs, clear broth); then **fast 12 hours** (water only).
- ☒ **1 hour before / during:** no smoking, sleeping, vigorous exercise or toothpaste. Do it on a **Sun–Tue** morning.

- 1** Brush your teeth and tongue **without toothpaste** and rinse. Mix the **lactulose** solution and set it aside.
- 2** Take your **baseline breath sample** (0 min) into the first tube **before** drinking, then drink the whole solution within 5 minutes and note the time.
- 3** At each time below, take a sample: fill the bag with a normal exhale, **press the tube onto the needle** so it fills, remove within ~2 seconds, and bag it. **Never open the tube caps.**

Sample	After drinking the lactulose	Your time
1 – baseline	before drinking	—
2–7	30 / 60 / 90 / 120 / 150 / 180 min	—

Follow the exact times on your **SIBO kit's schedule card**, record when you actually collect each sample, and post the tubes the **same day**.

TEST 3 • FOOD INTOLERANCE (IGG)

4 The finger-prick blood spot

Before you collect

- ☒ **Keep eating your normal, varied diet** – including the foods you'd like tested. **Do not fast** for this one.
- ☒ Strictly avoid any food that has previously caused a **serious reaction or anaphylaxis**.
- ☒ Steroids, antihistamines and anti-inflammatories can affect the result – your practitioner may suggest pausing them **~4 weeks** beforehand.

- 1 Label the card** in block letters (name, DOB, date) to match your request form, and unfold it without touching the circles.
- 2 Wash your hands** in warm water, dry, and wipe a fingertip with the alcohol wipe. Use a **single-use lancet** – press firmly and click.
- 3 Wipe away the first drop**, then let a **hanging drop fall into each circle**, filling every circle so it soaks through. Use the second lancet on another finger if needed, then plaster the site.



Air-dry for at least 3 hours

Prop the card up and let the blood spots **dry completely for 3+ hours**, away from moisture and sunlight, before you pack it.

Aim for a **valid sample**: each circle evenly filled and soaked through to the back – not partly empty or over-flooded. Results come with a **Rotation Diet Guideline**; IgG reflects food exposure, so discuss them with a practitioner.

TEST 4 • INTESTINAL PERMEABILITY (LEAKY GUT)
5 The 6-hour urine test

Please check this first

Not suitable **during pregnancy**, or **if you're diabetic with a fasting urine glucose over 6 mmol/L**. Don't collect while menstruating.

Before you collect

- ☒ Fast from about **11 pm** the night before – nothing but water for **at least 8 hours**.
- ☒ From the evening fast through the collection, avoid **fructose** (fruit, juice, honey, corn syrup) and **mannitol** (cauliflower, mushroom, snow peas, seaweed, watermelon, "sugar-free" gums/sweets).

- 1** First thing, **empty your bladder into the toilet** and discard it – the timed collection starts after this.
- 2** Add warm water to the brown bottle (~¾ full), shake, and **drink it all**. Note your **start time**. (30 kg or under: 2 teaspoons of the mixed solution.)
- 3** For the next **6 hours**, **collect all urine** into the 4-litre bag (don't tip out the preservative fluid).
- 4** After 6 hours, note the finish time, **read and record the total volume**, then use the dropper to fill and label the sample tube (name, DOB, date, volume, start & finish times).

Good to know. There's **no need to freeze** this sample – send it the same day. The solution can cause minor, short-lived cramps or wind, which is normal. Measures **Lactulose Recovery**, **Mannitol Recovery** and the **Recovery Ratio**.

6 Returning your samples

Each test comes with its **own return packaging**. Send each one back in its own kit as you finish it – don't hold samples waiting to post them together.

Send each kit as it's ready

- ☒ **Stool** – refrigerated, posted promptly on a collection day.
- ☒ **SIBO** – all breath tubes, posted the same day you collect.
- ☒ **Food intolerance** – once the card is fully air-dried (3+ hours).
- ☒ **Leaky gut** – the labelled urine tube (no need to freeze).

- 1 For each kit, place the sealed sample(s) and the **completed request form / checklist** into that kit's specimen bag.
- 2 Seal it in that kit's **reply-paid envelope** and post it via your nearest Royal Mail outlet or express post box.
- 3 Make sure **every sample is labelled** with your name, date of birth and collection date/time before it goes.

Full detail per test: each kit includes its own step-by-step instructions – use them alongside this overview, and email us at **info@i-screen.ai** if anything is unclear.

Your results: As each test is processed, results appear in your secure i-screen dashboard – the full Platinum picture is typically ready within about **2 weeks** of the lab receiving your samples.