International Patient Test Instructions

Applies to the following tests:
Lactulose/Mannitol Intestinal Permeability Test

110

IMPORTANT: Read all of the instructions carefully BEFORE you begin preparing for specimen collection.

Contents of Your Test Kit

- Specimen Collection & Transport Kit
  - Ice Gel Pack
  - 2 Test Drink Tubes
    - 7.5 ml Lactulose
    - 4.0 ml Mannitol
  - 2 Patient Information Labels
  - 1 Metallic Bubble Mailer
  - 1 Urine Collection Cup

Packing & Shipping Components

- 2 Collection Tubes:
  - Pre-Drink Collection
  - Post-Drink Collection

Packaging & Return Shipping

- *Ship your specimens only Monday through Wednesday. Do not ship specimens Thursday through Sunday.

- *If you cannot ship via UPS, use a shipping company with guaranteed 2-day delivery.

1 Insert your Patient Submittal Form into the Specimen Collection & Transport kit box.

2 Place the frozen gel pack into the metallic bubble mailer with the Pre-Drink and Post-Drink tubes (both yellow capped tubes).

3 Seal foil bubble pouch and place into the transport box.

4 Close your Specimen Collection and Transport kit and insert it into the UPS Laboratory Pak and seal.

5 Obtain and print your international shipping label and affix it to the UPS Laboratory Pak. Print your discounted UPS international return shipping label from https://ship.biohealthlab.com

6 Place the Import Notice Letter, three copies of the Commercial Invoice and your international shipping label in the provided way bill pouch and affix it to the outside of the UPS Laboratory Pak.

IMPORTANT: Do not eat or drink

- Chewing gum and mints
- Cereal
- Peanuts
- Legumes
- Mushrooms
- Honey
- Chocolate
- All dairy products
- Com syrup
- Concentrated(high fructose)
- Foods and drinks that contain sorbitol and/or mannitol
- Foods and drinks that contain fructose, fructose-2-ketol, fructose-6-ketol, etc.
- All fruits
- Aspirin
- Anti-inflammatory drugs
- Anti-inflammatories

Avoid - 72 Hours Before Test

- Avoid - On Day of Test
  - Aspirin
  - Anti-inflammatory drugs
  - All dairy products
  - Chocolate
  - Honey
  - Mushrooms
  - Legumes
  - Peanuts
  - Celery
  - Chewing gum and mints

Avoid - The Night Before

- Avoid - On Day of Test
  - Any drugs that contain acids, Milk of Magnesia, hydrochloric (e.g., Maalox)
  - Antacids containing aluminum or magnesium hydroxide (e.g., Maalox)
  - Any drugs that contain sorbitol and/or mannitol
  - Any drugs that contain fructose, fructose-2-ketol, fructose-6-ketol, etc.
  - All fruits
  - Aspirin
  - Anti-inflammatory drugs
  - Anti-inflammatories

Collection Restrictions

- Do Not Perform Test
  - Do not eat or drink anything for at least eight hours before beginning this test. Sleep counts towards this fasting period.
  - If you are a diabetic with elevated fasting urine glucose.
  - If you have allergic reactions to lactose, sugar-free foods, beverages, candies, gum and mints, or diabetic supplements (i.e., foods that contain sorbitol or xylitol).
  - If you have allergic reactions to sugar-free foods, beverages.
  - If you are a diabetic with elevated fasting urine glucose.
  - If you have allergic reactions to lactose.
If you have any questions about the collection process, please refer to the Patient FAQ at biohealthlab.com/patients or contact your clinician.

Complete all information on the Patient Submittal Form. It is important to list all supplements and medications on the Patient Submittal Form in the space provided.

If you need additional space, continue on a separate piece of paper and send it with your return shipment. All forms must be included with your samples in order for BioHealth to process your test.

If you have any questions about the collection process, please refer to the Patient FAQ at biohealthlab.com/patients or contact your clinician.