

## Shipping Preparation

### When to schedule your shipment

- Ship your sample as soon as possible. Do not store for more than three days.

### When you are ready to ship

- Ensure that you have provided the following information:
  - Personal Information Form: make sure the form is completed.
  - Pro-forma/Commercial Invoices: fill out the supplied invoices (**only required if you are shipping from a non-EU country**).
- Prepare your shipment:
  - Retrieve the bio-hazard bag containing your frozen sample and gel freezer pack from the freezer and place into the padded envelope.
  - Place the completed Personal Information Form and the padded envelope containing your collected sample into the supplied box.
  - Place the box in the return shipping bag and ship (see Shipping Instruction).



## Intestinal Permeability and Absorption (IPA)

ENG

### Welcome To Your Test Kit

You have chosen to do an Intestinal Permeability and Absorption (IPA) Test from Nordic Laboratories which will provide information to help you on your personal health journey.

The future of medicine lies in a personalised treatment strategy, based on information relating to your individual biochemistry and genetic inheritance. This test will help you obtain objective data about yourself to aid in the development of a more precise treatment strategy and enable measures to be implemented that will help you attain a higher level of health.

In this kit you will find all the material needed for your collection. Please read the instructions carefully and follow them step by step. Your test results will be released to your practitioner approximately three weeks after we have received your sample.

If you have any questions, concerns, or need support in understanding the test and instructions, please call our support team on +45 33 75 10 00 or email [info@nordic-labs.com](mailto:info@nordic-labs.com).

### Check Your Kit

#### Shipping Materials

- 1 x Box containing the collection kit (**keep this box for returning your samples**)
- 1 x Shipping Instruction
- 1 x Personal Information Form
- 1 x Small gel freezer pack
- 1 x Padded envelope
- 1 x Return shipping bag
- 1 x Return shipping document
- 2 x Pro-forma/Commercial Invoices (**only included if you are shipping from a non-EU country**)

#### Collection Materials

- 1 x 500ml collection jug
- 1 x Disposable pipette
- 1 x Giuno sugar mixture
- 1 x Yellow-capped tube for urine sample (with Lab ID code attached)
- 1 x Bio-hazard bag

If any items are missing or expired, please call +44 (0)15 80 20 16 87 or email [testkits@nordicgroup.eu](mailto:testkits@nordicgroup.eu)



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**Please note:** if the collection instructions are not followed carefully, it may lead to delay in the results or re-collection which will involve further costs.

## Preparation

### Provide the following information

- Personal Information Form: verify that the information on the form is correct and edit if needed.

### Prior to collection

- After dinner, you must fast for two hours before consuming the supplied sugar mixture. The mixture is to be consumed prior to collecting your urine sample (see Collection Procedure).

### When to schedule collection

- The urine needed for this sample is to be collected over a minimum 8-hour period. Start collecting in the evening, after having consumed the sugar mixture.
- Collect urine overnight (if any) and also your morning urine. If you sleep longer than 8 hours, simply collect your morning urine when you wake up and your collection is then completed.

### If you are taking any supplements

- You do not need to stop taking supplements prior to collecting your sample. Please consult your practitioner if you have any questions or doubts.

### Important notes

- **DO NOT** collect the sample during menstrual period.
- **DO NOT** empty the test tube before filling with urine (the powder inside the tube conserves the sample during shipment).
- **DO NOT** ingest the powder inside the test tube as it is toxic. If ingested please contact your physician immediately.
- **DO NOT** take the sugar mixture if you have previously had reactions to the following sugars: mannitol, lactose, raffinose, sucrose, cellobiose, as well as sodium benzoate.
- **DO NOT** take the sugar mixture if you have experienced diarrhea or intestinal constipation in the previous days.
- **DO NOT** take the sugar mixture in the event of acute cystitis.
- Consult your practitioner if:
  - You are diabetic as the Giuno mixture contains sugar.
  - You are following hypoglycemic therapies, such as diabetic treatments, at the time of testing. Laboratory data may be unreliable in such treatments.
- Be aware:
  - The sugar mixture can, in extreme situations, cause diarrhea.
  - Keep the kit materials out of the reach of children.

## Collection Procedure

### Consumption of sugar mixture

Before you begin to collect your urine sample, remember to consume the sugar mixture. Please follow the steps below.



#### Step 1:

Fast for a minimum of two hours after dinner. Empty your bladder and wash your hands.



#### Step 2:

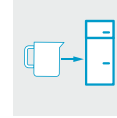
Dissolve the sugar mixture in a glass of 150 ml of water. Ensure that the sugars are well mixed, and that the water is clear. You must consume all of the mixture.

**Please note:** NO solids or alcohol should be consumed after drinking the sugar mixture, but you may have liquids such as water, juice and tea.

## Collection of urine

After consuming the sugar mixture, collect all urine in the collection jug over the following minimum 8-hour period. Please follow the steps below.

**Important:** If you wake up at night to urinate, please collect all urine in the collection jug and store in the refrigerator until your sample is complete.



#### Step 1:

Collect urine into the supplied collection jug.

**Note:** store the collection jug containing your urine in the refrigerator throughout the collection.



#### Step 2:

When you have finished collecting all urine over the minimum 8-hour period, measure the total volume, in millilitres, using the scale on the collection jug itself.



#### Step 3:

Note the total volume of urine collected in the collection jug on the Personal Information Form.



#### Step 4:

Note the following information on the label affixed to the yellow-capped vial. **Important:** Failure to record the information below will make the collection invalid.

- Patient name
- Date of birth
- Date of collection
- Total volume of urine collected in the collection jug over the minimum 8-hour period



#### Step 5:

Transfer a sample of urine into the yellow-capped collection tube. To transfer:

- Retrieve collection jug from the refrigerator.
- Using the supplied pipette give your urine sample in the collection jug a stir to ensure all urine is mixed well.
- Take urine from the collection jug using your disposable pipette and fill the yellow-capped collection tube about three quarters full.
- Screw the cap on, cleaning the tube of any leaked urine.
- Make sure the cap is tightly closed.



#### Step 6:

Place the yellow-capped collection tube into the bio-hazard bag along with your gel freezer pack, then place the bio-hazard bag into the freezer.



#### Step 7:

Store the bio-hazard bag in the freezer until you are ready to ship.