

Gut Permeability Test (using Peg 400) - Patient Instructions

For your information:

Please refrigerate the supplied PEG solution bottle if there is any delay before using.

PEG 400 is a mixture of eleven sizes of polyethylene glycol molecules which, following ingestion, pass through the gut wall and into the circulation with differing levels of ease.

By measuring the amounts of each molecular size of PEG that subsequently appears in the urine, we are able to reconstruct an absorption profile. This helps your practitioner assess the possible absorption of substances that are normally excluded from the circulation. It can also be used to identify malabsorption syndromes.

PEG does not take any part in your body chemistry and the test dose will not cause any problems for you.

Carrying out the test:

1. Fast for 3 hours before taking the PEG (you might find it most convenient to commence the test first thing in the morning).
2. Empty your bladder and then immediately drink the dose of PEG (well mixed in approximately 250ml of water).
3. Collect all urine passed for the next 6 hours into any convenient washed container; a container with a capacity of 1.5 litres, eg. a mineral water bottle, is most suitable.
4. Do not consume any food or drink other than water for the first two hours after swallowing the PEG. We recommend consuming at least 250-500ml of water within the first four hours of the test period. Make the last urine collection exactly 6 hours after taking the PEG.

After the test

5. Clearly label the urine container with your name and "PEG TEST" (please also include your Biolab reference number if this test follows a Biolab appointment). Return the sample to Biolab within 72 hours. If there is any delay before posting, the sample should be stored in a refrigerator.
6. If you can accurately measure the total volume of urine collected, you can return a small well-mixed sample of the urine collection in the empty sample bottle supplied (within the plastic postal carrier). Please ensure that the total volume of the collection is written on the label. This is important as the total volume is required for the accurate interpretation of the results. Alternatively the full urine collection can be provided for measurement of the total volume at Biolab.

If you have any further questions please do not hesitate to contact us.

Note

We will only accept samples for analysis if they are clearly labelled with the patient's name and date of birth. You should also include a contact address and telephone number, together with the referring practitioner's full name and address.

If you do not have a Biolab pathology request form or a letter from your practitioner to submit with the sample, please write the above details on the reverse of this sheet and enclose it with the sample.

Thank you.