

# Intestinal Permeability (IP)



The Intestinal Permeability (IP) test, also referred to as a “leaky gut” test, is a precise and non-invasive method for assessing gastrointestinal mucosal integrity. Damage to the lining of the gastrointestinal tract (small and large intestine) is common in people with conditions such as food sensitivity and food allergy, irritable bowel syndrome, Crohn’s disease, arthritis, coeliac disease and dermatological conditions such as eczema, psoriasis and acne.

The lining of the gut wall is often subjected to a wide variety of insults from substances such as alcohol, caffeine, spices, medicines and environmental chemicals. The impact of chronic stress may also affect the permeability of the gut wall over time. Correcting the altered permeability may have an immediate effect on the relief of symptoms and facilitate the gradual improvement in the underlying condition.

The IP is a challenge test using Lactulose and Mannitol.

**Note:** neither of these sugars contain lactose.

## Test Kit

Once the practitioner has given the patient their request form the patient can order their test kit online at [www.functionalpathology.com.au](http://www.functionalpathology.com.au) or by calling Healthscope Functional Pathology customer service on 1300 55 44 80 between the hours of 8.30am and 5.30pm AEST. The test kit contains full instructions.

## Specimen Requirements

- One urine specimen taken from a six hour urine collection. The test kit provided contains everything required to complete this test.

## Patient Preparation

- Patients must fast from 10pm the evening before the urine specimen is collected (water may be consumed during this time)
- Completely empty the bladder before starting urine collection
- Avoid all foods and drinks containing fructose, all analgesics and Non Steroidal Anti-inflammatory Drugs (NSAIDs) during the 6 hour collection as these may interfere with the results
- Do not collect urine during menstruation
- Drink one (1) glass only of water or other fluids during test period

## Children

This test is also suitable for children between the ages of 4-12 years. Healthscope Functional Pathology provides a children’s kit on request.

## Turnaround Time

The standard turnaround time for this test is 7 – 10 working days from the date the patient’s specimen/s are received by our laboratory.

## Test Results

Patient results are delivered via mail, unless requested otherwise. Results can also be issued via:

- Fax
- Electronic Download
- Web Based Results

## Technical Support

All Healthscope Functional Pathology tests are accompanied by an Interpretive Guide to assist practitioners in their clinical understanding and patient management for each result. Healthscope Functional Pathology also has experienced full time Technical Advisors available for practitioners to discuss appropriate test selection, interpretation of test results, individual cases and other technical matters. Please call 1300 55 44 80 between the hours of 8.30am and 5.30pm AEST or email [infofp@healthscope.com.au](mailto:infofp@healthscope.com.au)

## Companion Tests

- **Complete Digestive Stool Analysis (CDSA)**
- **Functional Liver Detoxification Profile (FLDP)**
- **Secretory IgA (sIgA)**

The results of the IP test may be further supported by additional Healthscope Functional Pathology tests. Poor digestive function may contribute to altered gut permeability and be responsible for further damage to the lining of the gastrointestinal tract. The Complete Digestive Stool Analysis (CDSA) provides practitioners with additional information on the many causes of altered gut function and its consequences.

The Functional Liver Detoxification Profile (FLDP) may also be a useful test to address the potential implications of altered intestinal permeability. Increased permeability may exacerbate high Phase I activity in the liver which in turn increases permeability. Therefore, combining the FLDP with the IP test will provide a comprehensive overview of the important role the liver may play in terms of efficiency of detoxification and its impact on the health of the lining of the gastrointestinal tract.

Secretory IgA (sIgA) reduces gut permeability and is essential for mucosal immunity, protecting the gut against pathogenic invasion. Combining the sIgA saliva test with the IP test provides comprehensive information on the mucosal integrity of the gut.