

COLLECTION INSTRUCTIONS

Your Precision Gut Blueprint

Our most advanced gut assessment – **six samples plus a dietitian consult**, combining metagenomic microbiome sequencing, clinical stool, breath, blood, urine and DNA. Each sample has its own kit, preparation and return.



Home kits, one clinic visit, then a consult

Most samples are collected at home; the blood panel is a quick visit to an affiliated collection centre. The tests need different (sometimes opposite) preparation, so the next page sets a simple order.

What's included

STOOL**Metagenomic Microbiome + Biomarkers**

Sequencing of your gut ecosystem plus clinical markers – calprotectin, elastase, sIgA, zonulin, SCFAs, pathogens, parasites, yeasts and more.

BREATH**SIBO Lactulose Breath Test**

Timed breath samples after a lactulose drink.

FINGER-PRICK**Food Intolerance (IgG, 96 foods)**

A blood-spot card, with a Rotation Diet Guideline.

BLOOD**Blood panel – at a collection centre**

Coeliac serology, nutrient, liver, kidney & pancreatic markers, drawn at an affiliated centre.

URINE**Intestinal Permeability (Leaky Gut)**

A 6-hour urine collection after a sugar drink.

CHEEK SWAB**Gut DNA Markers**

FUT2, HLA-DQ2.5/DQ8, DAO, MTHFR and TLR4 – genetic modifiers of gut health.

CONSULT**45-minute dietitian consult**

A qualified dietitian reviews all your results together and builds your plan.

1 A simple order to work through

Sort the shared preparation first, then collect the six samples across a week or two. Book the dietitian consult once your results are in. Only start or stop a medication on your practitioner's advice.

Shared preparation

- ☒ Finish **antibiotics/antifungals** at least **2–4 weeks** before, and stop **probiotics** **~7 days** before (where your practitioner agrees).
- ☒ Keep eating your **normal, varied diet** (for the food-intolerance test).
- ☒ Keep eating **gluten** (wheat, rye, barley) in the weeks before your blood test – going gluten-free can make the **coeliac** result inaccurate.

1 DNA cheek swab – any time

No fasting; just nothing to eat or drink in the 30 minutes before.

2 Food intolerance & stool – when convenient

Finger-prick any morning you're eating normally; stool on a collection day (Mon–Wed).

3 Blood panel – at an affiliated collection centre

Fast beforehand if advised, and keep eating gluten. Take your i-screen request form.

4 SIBO, then leaky gut – two separate fasting mornings

Each needs its own fasting morning – never the same day.

5 Dietitian consult – once results are ready

Book your 45-minute session when your dashboard shows results are complete.



Two rules that matter

Keep **SIBO and leaky gut on different days** (both use lactulose + a fasting morning), and **don't go gluten-free** before the blood test.

SAMPLE 1 • METAGENOMIC MICROBIOME + BIOMARKERS

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.

SAMPLE 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**.

SAMPLE 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. Results come with a **Rotation Diet Guideline**; IgG reflects food exposure, so discuss them with a practitioner.

SAMPLE 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**.

SAMPLE 5 • BLOOD TESTS • AT A COLLECTION CENTRE

6 The blood panel



Keep eating gluten before this test

Your blood includes a **coeliac screen**. If you cut out gluten (wheat, rye, barley) first, the result can be **falsely negative** – so keep eating it as normal until your draw.

Before you go

- ☒ If advised, **fast 8–10 hours** (water only) – several markers read best fasting.
- ☒ Take your **i-screen request form**, and check your details on it are correct.
- ☒ Go to an **i-screen affiliated collection centre** – find one near you on the i-screen website. No collection fee at an affiliated centre.

- 1 Take your request form to the centre – there's **no kit to prepare**, and nothing to post afterwards.
- 2 A trained collector **draws your blood**; the centre and lab process it and send your results to i-screen.

What the blood panel covers

Coeliac serology

Nutrient markers

Liver function

Kidney function

Pancreatic (lipase, amylase)

Some markers in this panel are typically **ready within a few days**, ahead of the longer lab work – your full Blueprint comes together once every sample is in.

SAMPLE 6 • GUT DNA MARKERS

7 The DNA cheek swab

Before you collect

- ☒ Don't **eat, drink, smoke or chew gum** for **30 minutes** beforehand.
- ☒ Your DNA doesn't change, so this one has **no timing constraints** – do it whenever suits.

- 1** Wash and dry your hands. Take a swab out **without touching the soft tip**.
- 2** **Rub the swab firmly against the inside of your cheek** for 30–60 seconds, rotating it so it collects plenty of cells. Repeat with the second swab on the other cheek.
- 3** Return each swab to its tube (or air-dry as your kit directs), then **label** them with your name, date of birth and date, and seal them in the transport bag.

What this screens

FUT2

HLA-DQ2.5

HLA-DQ8

MTHFR C677T

MTHFR A1298C

DAO

Follow your **DNA kit's own card** – some kits collect DNA from **saliva** rather than a cheek swab; the steps on the kit take priority.

8 Sending your samples

Each home kit has its **own return packaging** — post each one as you finish it. The blood panel is handled at the centre, so there's nothing to post for that.

Send each home kit as it's ready

- ☒ **Stool** — refrigerated, posted on a collection day.
- ☒ **SIBO** breath & **leaky gut** urine — the same day you collect.
- ☒ **Food intolerance** card — once fully air-dried; **DNA swab** — any time.
- ☒ **Blood** — nothing to post; the centre handles it.

- 1 For each kit, seal the sample(s) and the completed **request form / checklist** in that kit's bag, then its **reply-paid envelope**, and post via Australia Post.
- 2 Make sure **every sample is labelled** with your name, date of birth and collection date/time.

Your 45-minute dietitian consult



Once **all** your results are ready, book your virtual session — a qualified dietitian reviews your microbiome, genetics, gut function and food responses **together** and gives you a personalised gut-restoration plan.

Your results: Each test publishes to your secure i-screen dashboard as it's processed; the full Blueprint is typically ready within about **2 weeks**. We'll prompt you to book your consult once it's complete. Questions? Email us at info@i-screen.com.au.