

Have leaky gut? There's a test for it



Scientists from CSIRO's Gut Health Lab have developed a test through 20 years of research to detect Increased Intestinal Permeability, often called Leaky Gut.

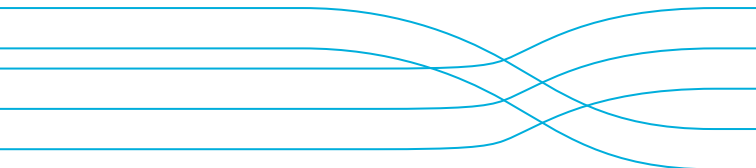
The test, which is currently carried out at the CSIRO clinic in the South Australian Health and Medical Research Institute, offers a diagnosis to a common but underdiagnosed condition, beginning the pathway to treating this debilitating gut problem.

CSIRO scientists have been conducting research into gut health for over 20 years.

Increased Intestinal Permeability ('Leaky Gut') is estimated to affect approximately 60% of people. It occurs when the cells lining the gut become damaged, allowing large molecules to move out of the gut and into the rest of the body, causing inflammation.

Symptoms such as abdominal pain, disruptive bowel movements, excessive bloating and a poor immune system could indicate leaky gut. Possible causes include smoking, alcohol consumption, poor diet, and other health conditions.

The CSIRO Gut Health Lab offers a blood test to diagnose Leaky Gut. Once diagnosed, you can work with your doctor and dietitian to find the best treatment.



How can I be tested for Leaky Gut?



Receive a **referral form** from your GP.



Call CSIRO clinic at SAHMRI to **book an appointment** (1800 850 036). The clinic is located in front of the SAHMRI building, 20 North Terrace, Adelaide.



Fast for **10 hours before** the test.



Come to your appointment 5 minutes early to **complete paperwork**.



You will be given a **small drink** (100ml) containing water and two different types of sugar.



You need to **wait 90 minutes** for the solution to be absorbed by the body. During this time you must not eat or drink anything except a small amount of water. You need to wait in the clinic, so you may wish to bring something to do while you are waiting e.g. something to read or listen to.



After 90 minutes the nurse will **collect a small amount of blood** from you.



Your samples will be sent to the laboratory for analysis, and **your doctor will receive a report** with your diagnosis.

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