

## **GASTROENTEROLOGY**

### **HOME TEST KITS / Nurse Home SERVICES**

#### **SIBO (Small Intestinal Bacterial Overgrowth) Test**

*Fast, accurate home or clinic testing for bloating, IBS-type symptoms, abdominal pain, diarrhoea, constipation, and unexplained digestive issues.*

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#### **What is SIBO?**

Small Intestinal Bacterial Overgrowth (SIBO) occurs when excess bacteria grow in the small intestine, leading to fermentation, gas production, inflammation, and difficulty absorbing nutrients.

It is a common but often overlooked cause of:

- Persistent bloating and abdominal distension
- IBS-type symptoms
- Diarrhoea, constipation, or alternating patterns
- Nausea and reflux
- Food intolerances (especially dairy, gluten, onions, garlic, fruits)
- Fatigue and brain fog
- Unexplained weight loss or weight gain
- Nutritional deficiencies (B12, iron, folate)

SIBO is highly treatable once correctly diagnosed.

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#### **Our SIBO Breath Test**

UK Medicare Screening Clinic offers a Hydrogen & Methane Breath Test, the gold-standard non-invasive diagnostic method for SIBO.

#### **How the Test Works**

You simply drink a natural test sugar (lactulose or glucose).

If excess bacteria are present, they break down the sugar and release hydrogen, methane, or hydrogen sulphide, which we measure through timed breath samples.

#### **What We Measure**

- ✓ Hydrogen
- ✓ Methane

- ✓ Combined gas profiles
- ✓ Pattern of early vs late fermentation

This helps identify:

- SIBO-Hydrogen (H<sub>2</sub> dominant)
  - SIBO-Methane (Constipation-dominant SIBO)
  - Mixed-type SIBO
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### Who Should Get a SIBO Test?

This test is recommended if you experience:

- Daily bloating or “6-months-pregnant” bloating
  - Pain or discomfort after meals
  - Chronic constipation or diarrhoea
  - Nausea, reflux, heartburn
  - Belching or gas
  - Intolerance to high-FODMAP foods
  - Symptoms after Covid-19
  - Fatigue, brain fog, poor concentration
  - A history of:
    - food poisoning
    - long-term antibiotics
    - IBS
    - autoimmune conditions
    - EDS / hypermobility
    - diabetes
    - previous abdominal surgery
- 

### Test Options

- 📦 Home Test Kit (UK-wide)

**Easy and convenient, delivered to your door.  
Includes full instructions + prepaid return.**

**What's included:**

- **Lactulose or glucose test substrate**
  - **Breath collection tubes**
  - **Collection timings sheet**
  - **Pre-test diet instructions**
  - **Return packaging**
  - **Full lab analysis**
  - **Doctor-reviewed results**
  - **Treatment plan referral (optional)**
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#### **In-Clinic SIBO Testing (London)**

**Ideal if you prefer testing under clinical supervision.  
Our clinician will guide the timing and breath sampling.**

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**What You Receive**

#### **✓ Comprehensive Report**

- **Hydrogen & methane graphs (0–180 minutes)**
- **Interpretation by our clinical team**
- **Identification of SIBO type**
- **Severity grading**
- **Suggested next steps**

#### **✓ Optional Add-ons**

- **Nutritional consultation**
- **Treatment support**
- **Stool test (GI Map or Complete Microbiome Profile)**
- **Food intolerance testing**
- **Vitamin & mineral deficiency screening**

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## Preparation for the Test

For best accuracy, you will receive:

- 24-hour low-fermentation diet plan
  - Fasting instructions
  - Medication restrictions (e.g., antibiotics, probiotics)
  - Timing guidance
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## Pricing

### Home SIBO Test Kit

£180 – £198

(includes analysis & report)

### In-Clinic SIBO Test

£199

(with clinician support)

*Next-day delivery available.*

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## Why Choose UK Medicare Screening Clinic?

- Rapid results
  - Clinical interpretation by experienced practitioners
  - Full digestive health support
  - Follow-up treatment pathways
  - CQC-compliant medical environment
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## Book Your SIBO Test

Home Test Kit: Delivered within 24–48 hours

Clinic Test: Same-day appointments often available

**GI360™ Comprehensive Stool Profile**

***Advanced digestive health, microbiome, infection, inflammation & gut function analysis.***

The GI360™ Comprehensive Stool Profile is one of the most advanced, evidence-based gastrointestinal assessments available. Using cutting-edge PCR, culture, microscopy and biomarker analysis, this test provides a complete picture of the microbiome, digestion, absorption, inflammation, and infection status of your gut.

This test is ideal for patients with chronic or unexplained digestive symptoms and those wanting to understand the root cause of gut dysfunction.

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### **What the GI360™ Test Measures**

The GI360™ provides a deep investigation across five key gastrointestinal domains:

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#### **1. Microbiome Diversity & Balance (PCR-Based)**

Evaluates over 45 beneficial, commensal & imbalance-prone bacteria, including:

- ***Bacteroides, Prevotella, Faecalibacterium prausnitzii, Akkermansia muciniphila***
- **Firmicutes / Bacteroidetes ratio**
- **Butyrate producers**
- **Dysbiotic patterns**
- **Opportunistic overgrowths**

This section shows whether your microbiome supports or disrupts digestive & immune health.

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#### **2. Pathogenic Bacteria, Parasites & Viruses**

PCR & culture detection for:

Pathogenic Bacteria:

- ***Clostridioides difficile***
- ***Campylobacter***
- ***Salmonella***

- *Shigella / EIEC*
- *E. coli* pathotypes
- *Yersinia* spp.

**Parasites:**

- *Giardia lamblia*
- *Cryptosporidium*
- *Entamoeba histolytica*

**Viruses:**

- Norovirus
- Rotavirus
- Adenovirus

These markers identify acute or chronic infections contributing to IBS-type symptoms.

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### **3. Yeasts & Fungi**

**Assessment of:**

- *Candida* spp.
- Other pathogenic or opportunistic fungi

Useful for patients with bloating, sugar cravings, fatigue, and post-antibiotic symptoms.

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### **4. Digestive & Absorptive Function Indicators**

**Biomarkers include:**

- Pancreatic Elastase – pancreatic enzyme production
- Steatocrit / Fat – fat malabsorption
- Carbohydrate digestion markers
- Protein breakdown markers

These show whether the body is properly digesting and absorbing food.

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### **5. Gut Inflammation, Immunity & Barrier Function**

### **Includes:**

- **Calprotectin – inflammatory bowel disease indicator**
- **Lactoferrin – neutrophilic inflammation**
- **Secretory IgA – mucosal immune defence**
- **Zonulin – intestinal permeability (“leaky gut”)**
- **Beta-Defensin – host immune response**

**These markers help diagnose IBD, food sensitivities, autoimmune triggers, and chronic gut inflammation.**

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### **Who Should Take the GI360™ Comprehensive Profile?**

#### **Recommended for patients with:**

- **Bloating or abdominal distension**
- **IBS symptoms (diarrhoea, constipation, alternating)**
- **Chronic digestive discomfort**
- **Suspected SIBO or gut dysbiosis**
- **Persistent fatigue or brain fog**
- **Food intolerances & sensitivities**
- **Reflux or heartburn**
- **Unexplained weight loss or gain**
- **Autoimmune conditions**
- **Skin issues (eczema, acne, psoriasis)**
- **History of antibiotics or infections**
- **Post-Covid or post-infectious gut issues**

**This test is often used for complex cases when other tests have been inconclusive.**

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### **Why the GI360™ Is Unique**

- ✓ **PCR + Culture + Microscopy for highest accuracy**
- ✓ **Biomarkers that reveal root causes, not just symptoms**
- ✓ **Detects both acute infections and chronic imbalance**

- ✓ Identifies SIBO risk patterns
  - ✓ Highlights inflammation and immune dysregulation
  - ✓ Provides actionable insights to guide treatment
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### **What You Receive**

- ✓ Full 20+ page laboratory report

Includes microbiome mapping, infection detection, gut function analysis, and inflammatory markers.

- ✓ Colour-coded interpretation

Shows high, moderate and low concern areas.

- ✓ Clinical recommendations

Provided by our practitioner to guide:

- Treatment
  - Nutrition
  - Probiotics & supplements
  - Lifestyle changes
  - Further testing if needed
- 

### **How the Test Works**

#### **Home Collection Kit (UK-Wide)**

Easy-to-use stool sample kit delivered to your door.

#### **Return to Laboratory**

Sample sent back using pre-paid packaging.

#### **Analysis & Report**

Results available in 10–15 working days.

#### **Optional Follow-up Consultation**

To explain results and create a personalised care plan.

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### **Pricing**

## **GI360™ Comprehensive Stool Profile**

**£349 – £399**

**Includes sample kit, analysis, laboratory report & clinical interpretation.**

### **Add-Ons:**

- **SIBO Breath Test – £149**
- **Adrenal Stress Profile – £149**
- **Food Intolerance (IgG) – £149**
- **Full Allergy Panel – £249**
- **Vitamin & Mineral Deficiency Panel – £69**

## **I360™ Comprehensive Stool Profile – FAQ**

### **1. What is the GI360™ test used for?**

**It provides a complete assessment of your digestive health, microbiome composition, infection status, inflammation levels, and nutrient absorption. It is ideal for chronic or unexplained digestive symptoms.**

### **2. Is this test suitable for IBS or IBD?**

**Yes. The GI360™ detects patterns consistent with IBS, identifies inflammatory markers used in IBD assessment (e.g., calprotectin), and highlights dysbiosis that contributes to both conditions.**

### **3. Do I need to stop probiotics or antibiotics before the test?**

**Yes:**

- **Stop probiotics for 5–7 days**
- **Avoid antibiotics for at least 2–3 weeks**  
**Your results will be more accurate without these substances affecting your microbiome.**

### **4. Is fasting required?**

**No fasting is required. You can follow your normal diet before sample collection.**

### **5. How is the sample collected?**

**A simple home stool sample using a hygienic collection kit. No need to visit the clinic.**

### **6. How long do results take?**

**Typically 10–15 working days, depending on laboratory processing.**

**7. Is the test suitable for children?**

**Yes, especially for digestive issues, chronic abdominal symptoms, eczema, allergies, or suspected infection.**

**8. What infections can it detect?**

**The test checks for:**

- **Bacterial pathogens**
- **Viruses**
- **Parasites**
- **Fungal overgrowth (including Candida)**

**9. Can the GI360™ detect SIBO?**

**It does not diagnose SIBO directly, but it identifies risk patterns, dysbiosis profiles, and fermentation markers associated with SIBO. We recommend pairing it with a SIBO Breath Test.**

**10. What if my results show inflammation?**

**We may recommend:**

- **Further GI investigations**
- **Dietary adjustments**
- **Anti-inflammatory strategies**
- **Specialist referral if necessary**

**11. Will there be guidance on how to fix the issues found?**

**Yes. A full clinical interpretation is provided, and you can book a follow-up consultation for a personalised care plan.**

**12. Can the test help with fatigue or mood issues?**

**Yes. Gut imbalance can affect:**

- **Energy**
  - **Mood**
  - **Brain fog**
  - **Immune function**
- The GI360™ helps identify root causes of systemic symptoms.**

## GI360™ Comprehensive Stool Profile

A highly advanced digestive health test assessing microbiome balance, infections, inflammation, digestion, and gut function.


Includes:

- ✓ Microbiome mapping (PCR)
- ✓ Infection screening (bacteria, viruses, parasites)
- ✓ Yeast & fungal markers
- ✓ Digestive enzymes & absorption markers
- ✓ Inflammation & immune status (calprotectin, sIgA, zonulin)
- ✓ Full clinical interpretation

Price: £349–£399

Results: 10–15 working days

Sample: Home stool collection kit (delivered UK-wide)

 020 3 XXX XXXX

 [info@ukmedicarescreening.com](mailto:info@ukmedicarescreening.com)

 London Bridge Clinic

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 Instagram Post (Short & Visual)

 **GI360™ Comprehensive Stool Profile – The Most Advanced Gut Health Test**  


Struggling with bloating, IBS symptoms, fatigue or unexplained digestive issues?

The GI360™ analyses:

- ✦ Your microbiome
- ✦ Digestive enzymes
- ✦ Infections
- ✦ Parasites & pathogens
- ✦ Inflammation
- ✦ Gut immunity
- ✦ Leaky gut markers

A deep, 360° analysis of your entire digestive system — all from a simple home stool test.

 Home kit UK-wide

 Full clinical report

## Coeliac Profile 2

*Advanced coeliac disease and gluten sensitivity screening using specific IgA/IgG markers.*

The Coeliac Profile 2 is a comprehensive blood test that screens for the key immune markers associated with coeliac disease, gluten-triggered autoimmunity, and gluten-related inflammation.

This panel is more sensitive and accurate than a standard coeliac screen and is ideal for patients experiencing chronic digestive issues or symptoms after consuming gluten.

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### What This Test Measures

Coeliac Profile 2 typically includes the following biomarkers:

#### 1. Tissue Transglutaminase (tTG) IgA

- The primary and most accurate antibody used for diagnosing coeliac disease
- Indicates immune attack against intestinal tissue triggered by gluten

#### 2. Tissue Transglutaminase (tTG) IgG

- Useful in patients with IgA deficiency
- Detects gluten-related immune responses when tTG-IgA is unreliable

#### 3. Deamidated Gliadin Peptide (DGP) IgA

- Highly sensitive for early coeliac disease
- Useful in individuals with non-classical symptoms (e.g., fatigue, skin issues)

#### 4. Deamidated Gliadin Peptide (DGP) IgG

- Detects gluten reactions in IgA deficiency or weakened immunity
- Helps identify non-coeliac gluten sensitivity

#### 5. Total IgA

- Essential to rule out IgA deficiency
  - Ensures accurate interpretation of tTG-IgA results
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### Who Should Take This Test?

This profile is recommended for individuals with:

## **Digestive Symptoms**

- **Bloating**
- **Chronic diarrhoea or constipation**
- **Abdominal pain**
- **Malabsorption**
- **Weight loss**
- **IBS-like symptoms**

## **Non-Digestive Symptoms**

- **Fatigue or chronic tiredness**
- **Anaemia (especially iron or folate deficiency)**
- **Brain fog**
- **Mood changes**
- **Dermatitis herpetiformis (itchy blistering rash)**
- **Joint pain**
- **Osteopenia or osteoporosis**

## **High-risk groups include:**

- **First-degree relatives of coeliac patients**
- **Those with autoimmune thyroid disease**
- **Individuals with type 1 diabetes**
- **People with unexplained nutritional deficiencies**

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## **Why This Test Is Important**

- ✓ **Detects coeliac disease even in early or silent stages**
- ✓ **Identifies individuals with IgA deficiency, a common reason for false-negative tests**
- ✓ **Screens for gluten sensitivity without full-blown coeliac disease**
- ✓ **Helps guide dietary and medical management**
- ✓ **More accurate than single-marker NHS coeliac screens**

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## **How the Test Works**

## **1. Simple blood sample**

**Performed in clinic or via home nurse visit.**

## **2. Laboratory analysis**

**Measures IgA & IgG immune activity against gluten-related markers.**

## **3. Full clinical report**

**Includes interpretation, guidance, and whether further testing (e.g., endoscopy) is recommended.**

## **4. Optional follow-up appointment**

**Our clinicians can support you with:**

- **Gluten-free diet guidance**
  - **Supplements for deficiencies**
  - **Gut repair strategies**
  - **Coeliac nutrition support**
- 

## **Preparation**

- **You must be eating gluten (at least 1–2 slices of bread daily for 2–6 weeks) to ensure accurate antibody detection.**
  - **No fasting required.**
  - **Continue normal diet unless advised otherwise.**
- 

## **Pricing**

### **Coeliac Profile 2**

**£129 – £169**

**Includes sample collection & full clinician interpretation.**

### **Recommended Add-ons**

- **Iron, B12 & Folate Panel – £69**
- **Vitamin D – £29**
- **Thyroid Profile – £79**
- **GI360™ Comprehensive Stool Test – £349**

- **SIBO Breath Test – £149**

## **Coeliac Profile 2 – FAQ**

### **1. What is Coeliac Profile 2?**

**It's an advanced blood test that measures IgA and IgG antibodies linked to coeliac disease and gluten-triggered immune reactions. It is more comprehensive than a standard coeliac screen.**

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### **2. What is the difference between coeliac disease and gluten intolerance?**

- **Coeliac disease: an autoimmune condition where gluten damages the small intestine.**
- **Gluten intolerance/sensitivity: symptoms occur after eating gluten but without intestinal damage.**

**This test helps identify both.**

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### **3. Do I need to be eating gluten for the test?**

**Yes. For accurate results, you must be consuming gluten daily (e.g., 1–2 slices of bread) for 2–6 weeks before the test.**

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### **4. What symptoms does this test help diagnose?**

**This test is useful for:**

- **Bloating**
  - **Diarrhoea or constipation**
  - **Abdominal pain**
  - **Fatigue**
  - **Nutritional deficiencies**
  - **Skin rashes**
  - **Brain fog**
  - **Weight loss**
  - **Anaemia**
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### **5. Is fasting required?**

**No. You can eat and drink normally before your test.**

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**6. Can the test be used for children?**

**Yes. Coeliac screening is very important for children with persistent digestive issues, poor growth, or a family history of coeliac disease.**

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**7. Does a positive result mean I definitely have coeliac disease?**

**A positive antibody result indicates a strong likelihood of coeliac disease, but a biopsy may be needed for a confirmed diagnosis.**

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**8. What if my IgA is low?**

**The profile includes Total IgA, so if you have IgA deficiency, the test automatically uses IgG markers instead.**

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**9. How long do results take?**

**Results are usually ready within 3–7 working days.**

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**10. What happens after the results?**

**You will receive a full clinical interpretation. If needed, we can:**

- **Refer you for endoscopy**
  - **Provide nutritional guidance**
  - **Support gluten-free diet transition**
  - **Supplement deficiencies (iron, folate, B12, vitamin D)**
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** Booking-Page Short Summary**

**Coeliac Profile 2**

**Advanced antibody testing for coeliac disease and gluten-related autoimmunity.**

**Includes:**

- ✓ tTG-IgA
- ✓ tTG-IgG
- ✓ DGP-IgA
- ✓ DGP-IgG
- ✓ Total IgA

Price: £129–£169

Sample: Blood test

Results: 3–7 working days

## Vitamin Panel 16

*Comprehensive vitamin assessment to identify deficiencies affecting energy, immunity, metabolism, skin health, and overall wellbeing.*

The Vitamin Panel 16 is a complete blood test analysing the key vitamins essential for cellular energy, immune function, metabolism, nervous system health, hormone regulation, and skin repair.

This profile provides a detailed overview of nutritional status and helps identify deficiencies that may contribute to chronic symptoms.

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### What the Test Measures

This panel includes 16 essential vitamins, covering:

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#### 1. Energy & Metabolism Vitamins

- Vitamin B1 (Thiamine)

Vital for energy production and nerve function.

- Vitamin B2 (Riboflavin)

Supports mitochondrial energy, skin, and eye health.

- Vitamin B3 (Niacin)

Important for metabolism, mood, and skin repair.

- Vitamin B5 (Pantothenic Acid)

Critical for hormone production and stress response.

- Vitamin B6 (Pyridoxine)

Affects hormone balance, immunity, and neurological health.

- **Vitamin B12 (Cobalamin)**

**Essential for red blood cell production, memory, and nerve function.**

- **Biotin (Vitamin B7)**

**Supports hair, skin, nails, and metabolic health.**

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## **2. Folate Group**

- **Folate (Vitamin B9)**

**Required for DNA repair, fertility, pregnancy, and mood regulation.**

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## **3. Antioxidant Vitamins**

- **Vitamin A**

**Vision, skin health, reproductive health, and immune function.**

- **Vitamin C**

**Powerful antioxidant, supports immunity, collagen, and iron absorption.**

- **Vitamin E**

**Protects cells from oxidative stress and supports cardiovascular health.**

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## **4. Fat-Soluble Vitamins**

- **Vitamin D (25-Hydroxy D)**

**Crucial for immunity, bone health, mood, hormone balance, and inflammation.**

- **Vitamin K1**

**Supports bone metabolism and healthy blood clotting.**

- **Vitamin K2**

**Directs calcium into bones and away from arteries.**

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## **5. Additional Key Nutrients**

- **Vitamin B Complex Panel**

**Evaluates overall B-vitamin status for energy, cognition, nerve health.**

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## **Who Should Take This Test?**

**Recommended if you experience:**

- **Fatigue or low energy**
- **Brain fog or memory issues**
- **Low mood, anxiety or irritability**
- **Frequent infections or poor healing**
- **Hair loss or weak nails**
- **Skin problems (dryness, eczema, acne)**
- **Muscle weakness**
- **Numbness or tingling**
- **Dizziness**
- **Sleep disturbances**
- **Weight changes**
- **PMS or hormonal imbalance**
- **Poor diet, vegan/vegetarian lifestyle**
- **Post-viral fatigue (including post-COVID)**

**Also useful for:**

- **Individuals with malabsorption (IBD, IBS, SIBO)**
- **Coeliac disease or gluten sensitivity**
- **Vegans/vegetarians**
- **Bariatric surgery patients**
- **Chronic stress or burnout**
- **Athletes**

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## **Why This Test Is Important**

- ✓ **Detects early deficiency—even before symptoms appear**
- ✓ **Supports diagnosis of fatigue, mood disorders, hair loss, and immune issues**
- ✓ **Helps personalise nutrition, supplementation, and lifestyle plans**

- ✓ Ideal for patients with digestive disorders affecting absorption
  - ✓ More accurate and comprehensive than standard vitamin tests
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### How the Test Works

#### 1. Simple blood test

In clinic or via home nurse visit.

#### 2. Laboratory analysis

Measures 16 essential vitamins and nutrient markers.

#### 3. Detailed report

Includes:

- Optimal vs deficient levels
- Borderline low findings
- Clinical interpretation
- Personalised recommendations

#### 4. Optional follow-up

Our clinician can advise on supplements, diet, and additional testing if needed.

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### Preparation

- No fasting required
  - Continue normal diet
  - Bring a list of supplements you are taking
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### Pricing

#### Vitamin Panel 16

£129 – £179

Includes sample collection and full clinician interpretation.

#### Recommended Add-ons

- Mineral & Electrolyte Panel – £69
- Thyroid Profile – £79

- Iron, B12, Folate – £69
  - SIBO Test – £149
  - GI360™ Stool Profile – £349
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## **Book Your Vitamin Panel 16**

### **Vitamin Panel 16 – FAQ**

#### **1. What is the Vitamin Panel 16?**

**A comprehensive blood test measuring 16 essential vitamins responsible for energy production, immunity, metabolism, skin, hair, hormonal health and neurological function.**

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#### **2. Do I need to fast before the test?**

**No fasting is required. You can eat and drink normally.**

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#### **3. Can supplements affect the results?**

**Yes. Supplements can elevate vitamin levels in blood tests. If possible, stop supplements 24–48 hours before testing, unless medically prescribed.**

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#### **4. Who should take this test?**

**People experiencing fatigue, brain fog, low mood, infections, hair loss, skin issues, numbness/tingling, muscle weakness, poor diet, or malabsorption issues (IBS, IBD, coeliac disease).**

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#### **5. Is this test suitable for vegans and vegetarians?**

**Yes — it is highly recommended, as deficiencies in B12, B6, folate, and vitamin D are common in plant-based diets.**

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#### **6. How long do results take?**

**Results are typically ready in 2–5 working days.**

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## 7. What will my report include?

Your report will feature:

- Optimal vs deficient ranges
  - Borderline-low findings
  - Vitamin-by-vitamin interpretation
  - Clinical recommendations
  - Supplement & dietary guidance
- 

## 8. Can this test help with fatigue or hormonal issues?

Yes. Many cases of chronic fatigue, PMS, low mood, anxiety, and insomnia are linked to vitamin deficiencies.

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## 9. Is the test suitable for children?

Yes, especially if they have fatigue, developmental issues, selective eating, low immunity, or skin problems.

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## 10. What follow-up support is available?

Our clinicians can provide:

- Personalised supplement plans
  - Diet guidance
  - Further testing (thyroid, gut health, iron studies, hormones)
- 

## Booking-Page Short Summary

### Vitamin Panel 16

Comprehensive blood test assessing 16 key vitamins for energy, immunity, skin/hair health, mood, and metabolism.

Includes:

- ✓ B vitamins (B1, B2, B3, B5, B6, B7, B12, Folate)
- ✓ Antioxidant vitamins (A, C, E)
- ✓ Vitamin D

- ✓ Vitamin K1 & K2
- ✓ Full clinical interpretation

**Price: £129–£179**

**Results: 2–5 working days**

**Sample: Blood test**

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- ✓ Vitamin K1 & K2
- ✓ Full clinical interpretation

Price: £129–£179

Results: 2–5 working days

Sample: Blood test

## NUTRITIONAL & ENVIRONMENTALLY SCREENING

### Allergy Profile I (151 Foods & Inhalants – IgE Test)

Tailored for UK Medicare Screening Clinic

SEO-optimised | Patient-friendly | Harley-Street style

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### Allergy Profile I (151 Foods & Inhalants – IgE)

*Comprehensive allergy testing for food, environmental and airborne triggers.*

Our Allergy Profile I is one of the most extensive IgE allergy panels available. It screens 151 allergens across foods, inhalants, pollens, animals, moulds and environmental triggers — using a single blood sample.

This test is ideal for patients with unexplained symptoms, chronic reactions, or those wanting a complete allergy overview.

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### What This Test Assesses

We measure specific IgE antibodies to identify sensitivity or allergic reactions to:

#### 1. Food Allergens (100+ foods)

- ✓ Dairy (milk, whey, casein)
- ✓ Eggs
- ✓ Wheat & gluten-related grains
- ✓ Nuts & peanuts
- ✓ Shellfish & fish
- ✓ Fruits & vegetables
- ✓ Spices
- ✓ Meats & poultry
- ✓ Legumes & pulses

- ✓ Seeds
  - ✓ Soy & other common triggers
- 

## **2. Inhalant Allergens (50+ environmental triggers)**

- ✓ Tree pollens (birch, oak, hazel, alder, etc.)
  - ✓ Grass & weed pollens
  - ✓ House dust mites
  - ✓ Animal dander (cat, dog, horse, rodent)
  - ✓ Moulds & fungi (Alternaria, Aspergillus, Cladosporium)
  - ✓ Cockroach
  - ✓ Feathers
- 

### **Who Should Choose This Test?**

**Recommended if you experience:**

- **Bloating, digestive discomfort, or IBS-type symptoms**
  - **Runny nose, sneezing, congestion (hay fever)**
  - **Chronic sinus issues**
  - **Skin conditions (eczema, hives, dermatitis)**
  - **Asthma and breathing difficulty**
  - **Reactions after eating certain foods**
  - **Headaches, fatigue, “foggy” feeling**
  - **Symptoms that come and go with seasons**
  - **Suspected multiple allergies**
- 

### **How the Test Works**

**Step 1 – Simple blood draw**

**In-clinic or via home nurse visit.**

**Step 2 – Lab analysis**

**We analyse IgE levels against 151 allergens using advanced immunoassay technology.**

**Step 3 – Detailed report**

**You will receive a clear, colour-coded report showing:**

- **Reaction level (Class 0–6)**
- **Foods/environmental items you are sensitised to**
- **High, moderate & low-level triggers**
- **Interpretation of risk levels**
- **Cross-reactivity notes**
- **Advice on next steps**

**Step 4 – Optional clinical follow-up**

**Our clinician or nutritionist will guide:**

- **Elimination strategies**
  - **Food reintroduction plan**
  - **Supplement support**
  - **Referral to allergy specialists if needed**
- 

**What's Included**

- **151-allergen IgE panel**
  - **Full digital report**
  - **Interpretation by UK Medicare clinical team**
  - **Optional diet and lifestyle plan**
  - **Add-on tests available (IgG, histamine, SIBO, microbiome, stool testing)**
- 

**Why IgE?**

**IgE testing identifies true allergic reactions — immune responses that can cause:**

- **Hives**
- **Swelling**
- **Breathing difficulty**
- **Anaphylaxis**
- **Rapid digestive distress**

**It is different from intolerance testing (IgG):**

- **IgE = allergies (fast reactions)**
  - **IgG = delayed sensitivities (slower, digestive/lethargy patterns)**
- 

### **Preparation**

**No fasting required.**

**Antihistamines may influence results — advice available before booking.**

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### **Pricing**

**Allergy Profile I (151 Allergen IgE Panel)**

**£249 – £299**

**Includes sample collection, analysis & full report.**

### **Optional Add-Ons**

- **Nutritionist consultation – £60**
  - **IgG intolerance panel – £149**
  - **Vitamin D, B12, folate panel – £69**
  - **SIBO breath test – £149**
- 

### **Book Now**

**Frequently Asked Questions (FAQ)**

***Allergy Profile I – 151 Foods & Inhalants (IgE)***

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#### **1. What does this test check for?**

**It measures IgE antibodies to 151 different foods and environmental allergens, including dairy, nuts, fruits, wheat, seafood, pollens, moulds, pet dander, and dust mites. This helps identify true allergic reactions.**

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#### **2. What is the difference between IgE and IgG tests?**

- **IgE tests detect true allergies, causing fast reactions (swelling, hives, breathing issues, digestive distress).**

- **IgG tests detect intolerances or sensitivities, which cause delayed symptoms (bloating, fatigue, headaches, IBS-type symptoms).**

**This test focuses on IgE only, which is the gold standard for diagnosing allergies.**

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**3. Do I need to fast before the test?**

**No, fasting is not required. You may eat and drink normally.**

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**4. Can antihistamines affect the result?**

**Yes. Antihistamines can suppress allergic activity and may reduce IgE response.**

**You will receive guidance on how long to stop them before testing.**

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**5. Is the test suitable for children?**

**Yes. Children often benefit from allergy testing, especially if they experience eczema, asthma, hay fever, or food reactions.**

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**6. How is the sample collected?**

**A simple blood sample is taken either:**

- ✓ **In our clinic, or**
  - ✓ **Through a home nurse visit (extra charge)**
- 

**7. How long do results take?**

**Results are typically ready within 3–7 working days, depending on laboratory workload.**

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**8. What will my report include?**

**Your results will be presented in a clear, colour-coded format, showing:**

- **Reaction level (Class 0–6)**
- **High, medium, and low-level allergens**
- **Food & inhalant trigger list**

- **Cross-reactivity notes**
  - **Professional interpretation**
  - **Recommendations on next steps**
- 

**9. Can this test diagnose anaphylaxis risk?**

**No. This test identifies sensitisation and allergy patterns, but cannot predict severity (including anaphylaxis).**

**If you suspect a severe allergy, our clinicians can refer you to an NHS or private allergist.**

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**10. Will I need an elimination diet after the test?**

**Only if your results show significant reactivity. We provide guidance or refer you to a nutritionist to avoid unnecessary dietary restrictions.**

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**11. Is this test accurate?**

**Yes. IgE testing is a validated, laboratory-based method widely used in hospitals, GP practices, and specialist allergy clinics.**

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**12. Can allergies develop in adulthood?**

**Yes. Allergies can appear at any age, particularly food allergies, pollen allergies, and pet dander sensitivity.**

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**13. Can allergies cause digestive symptoms?**

**Absolutely. IgE-mediated allergies and cross-reactive foods can cause:**

- **Bloating**
- **Nausea**
- **Diarrhoea**
- **Abdominal pain**

**If symptoms persist, we may also recommend a SIBO test or microbiome stool test.**

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#### 14. Do I need a consultation before or after the test?


A consultation is optional, but helpful if:

- You have multiple symptoms
  - Your results show several sensitivities
  - You need a structured diet plan
  - You want to identify root causes (gut, immune, inflammatory)
- 

#### 15. How do I book the Allergy Profile I test?

You can book directly online or contact us:

 020 3 XXX XXXX

 [Admin@ukmedicarescreening.org](mailto:Admin@ukmedicarescreening.org)

 Home testing available

#### Professional Allergens Panel (IgE)

*Targeted testing for occupational and workplace-related allergen exposure.*

Our Professional Allergens Panel (IgE) is a specialist blood test designed to detect allergic sensitisation to common industrial, laboratory, and medical workplace allergens. This panel is essential for individuals working in environments where exposure to chemicals, medical products, or industrial compounds may trigger IgE-mediated allergic reactions.

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#### What This Panel Tests For

This focused panel measures IgE antibodies to the following high-risk occupational allergens:

##### 1. Latex (Recombinant)

- Includes major latex allergen components
  - Important for healthcare workers, laboratory staff, cleaners, and individuals frequently using gloves
  - Detects immediate-type hypersensitivity reactions that may lead to urticaria, asthma, or anaphylaxis
- 

##### 2. Ethylene Oxide

- Used for sterilising medical equipment
  - Exposure can cause respiratory symptoms, skin reactions, or occupational asthma
- 

### **3. Phthalic Anhydride**

- Common in plastics, paints, resins, dyes, and industrial processing
  - Recognised cause of occupational asthma and contact sensitivity
- 

### **4. Formaldehyde (Formol)**

- Found in laboratories, pathology, manufacturing, disinfectants, and hair/beauty products
  - Can cause respiratory symptoms, dermatitis, or allergic sensitisation
- 

### **5. Isocyanates**

Isocyanates are one of the leading causes of work-related asthma. The panel includes:

- TDI (Toluene Diisocyanate)

Used in foams, adhesives, varnishes, coatings, automotive parts.

- MDI (Methylene Diphenyl Diisocyanate)

Common in insulation foams, manufacturing, printing, and industrial materials.

- HDI (Hexamethylene Diisocyanate)

Found in spray paints, lacquers, and polyurethane coatings.

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### **Who Should Take This Test?**

This test is recommended for individuals who work in:

- Hospitals, clinics, theatres, dental practices
- Laboratories and research environments
- Manufacturing and industrial plants
- Construction and engineering
- Automotive and paint industries

- **Beauty, cosmetic, and hair chemical environments**
- **Cleaning, sterilisation, and maintenance settings**

**Especially if experiencing:**

- **Wheezing, coughing, breathlessness**
  - **Skin irritation, hives, dermatitis**
  - **Eye irritation or watery eyes**
  - **Sneezing, runny nose, sinus issues**
  - **Symptoms that worsen during or after work exposure**
- 

### **How the Test Works**

**✓ Simple blood sample**

**Taken in clinic or via home/onsite occupational health visit.**

**✓ Advanced laboratory analysis**

**IgE levels are measured against each specific professional allergen.**

**✓ Detailed results report**

**Includes:**

- **Sensitisation levels (Class 0–6)**
  - **Interpretation of occupational risk**
  - **Recommendations for exposure management**
  - **Guidance for workplace adjustments**
  - **Referral options for occupational health specialists**
- 

### **Why Choose This Panel?**

- **Ideal for workplace safety assessments**
  - **Helps confirm or rule out occupational asthma or dermatitis**
  - **Supports Risk Assessments, COSHH, and occupational health compliance**
  - **Essential for employees requiring medical clearance**
-

## **Pricing**

### **Professional Allergens Panel (IgE)**

**£149 – £199**

**Includes clinical sample collection + full interpretation.**

**Add-ons available:**

- **Full Respiratory Allergy Profile**
  - **Workplace exposure consultation**
  - **Immunology review**
  - **Spirometry and lung function testing**
- 

## **Book Your Professional Allergens Panel**

### **FAQ – Professional Allergens Panel (IgE)**

#### **1. What is the purpose of this test?**

**This test detects IgE-mediated allergic sensitisation to industrial and occupational allergens such as latex, isocyanates, and sterilising agents—common triggers for work-related asthma and dermatitis.**

#### **2. Who needs this test?**

**Healthcare workers, laboratory staff, factory workers, painters, cleaners, technicians, beauticians, and anyone with workplace chemical exposure or symptoms that worsen during working hours.**

#### **3. Is this test suitable for diagnosing Occupational Asthma?**

**It helps identify sensitisation, which is a major component of occupational asthma evaluation. A full diagnosis may also require spirometry or occupational health assessment.**

#### **4. How is the sample taken?**

**Via a simple blood test in clinic or through an on-site corporate visit.**

#### **5. Do I need to stop medications?**

**Most medications do not affect IgE results, but antihistamines may reduce symptom clarity. Contact us for guidance.**

#### **6. How long does it take to receive results?**

**Typically 3–7 working days.**

#### **7. Will the report explain what adjustments I may need at work?**

**Yes. Your report includes:**

- Sensitisation levels
- Exposure management guidance
- Recommendations for workplace accommodations
- Suggestions for further health assessments

**8. Can this test help with HR or occupational health compliance?**

**Yes. It supports risk assessments, COSHH compliance, and helps employees secure appropriate workplace adjustments.**

**9. Is the test safe?**

**Yes. It is a standard laboratory IgE blood test with no risks or side effects.**

**10. Can employers pay directly?**

**Yes. We offer individual and group corporate billing options.**

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**✦ Employer / Workplace Version (For Corporate Website Page)**

**Professional Allergens Panel (IgE) for Employers**

***Protect your workforce. Reduce risk. Improve safety.***

**Workplace allergens such as latex, isocyanates, formaldehyde, and ethylene oxide are leading causes of occupational asthma and dermatitis. These conditions contribute significantly to sick leave, workplace claims, and reduced productivity.**

**Our Professional Allergens Panel (IgE) offers rapid and accurate screening for occupational sensitisation, enabling employers to:**

- Identify employees at risk
- Reduce health complications
- Ensure compliance with COSHH and health & safety standards
- Support fitness-to-work assessments
- Implement safe workplace adjustments

**Corporate Benefits**

- On-site testing available
- Rapid results for HR/OH
- Clinical interpretation included

- Customised exposure risk reports
- Group discounts and annual screening packages

Ideal for industries including:

Healthcare • Laboratories • Manufacturing • Automotive • Construction • Beauty & Aesthetics • Cleaning & Sterilisation • Chemical Handling

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### Corporate Brochure

**Title: *Professional Allergens Panel (IgE) – Occupational Allergy Screening for High-Risk Workers***

**Overview:**

This panel provides targeted screening for the most common workplace allergens known to trigger respiratory and dermatological reactions. Using a simple blood test, individuals are screened for IgE antibodies to latex, sterilising agents, industrial chemicals, and isocyanates. Results include risk grading, exposure guidance, and clinical recommendations.

**Who Benefits:**

- Employers seeking health surveillance solutions
- Occupational health providers
- Employees exposed to hazardous materials
- Individuals with respiratory symptoms related to work

**Panel Includes:**

- Latex (Recombi+)
- Ethylene Oxide
- Phthalic Anhydride
- Formaldehyde
- TDI, MDI, HDI Isocyanates

**Deliverables:**

- Full IgE allergen report
- Colour-coded sensitisation chart
- Occupational risk commentary
- Recommendations for workplace adjustments
- Optional lung function testing

- Corporate support & consultation

**Pricing:**

**Competitive single and group testing rates available**

# Endocrinology

## Adrenal Stress Profile

*Comprehensive cortisol and DHEA assessment for fatigue, burnout, hormonal imbalance, and chronic stress symptoms.*

The Adrenal Stress Profile is an advanced hormone test designed to evaluate how your adrenal glands respond to daily stress. By measuring cortisol and DHEA levels across different times of the day, this test provides a detailed picture of your body's stress regulation, energy production, and hormonal balance.

It is one of the most accurate ways to assess fatigue, burnout, chronic stress, sleep issues, and suspected adrenal dysfunction.

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## What This Test Measures

### 1. Cortisol (4–6 timed samples)

Cortisol is your key stress hormone. We assess:

- Morning peak (waking response)
- Midday levels
- Afternoon decline
- Evening baseline

This pattern shows whether you are experiencing:

- High cortisol / stress overload
  - Flattened cortisol curve (exhaustion)
  - Reversed cortisol rhythm (night waking, insomnia)
  - Adrenal dysregulation from prolonged stress
- 

### 2. DHEA (Dehydroepiandrosterone)

Your long-term resilience hormone, responsible for:

- Energy and vitality

- **Hormonal balance**
- **Immune function**
- **Stress resistance**

**Low DHEA is strongly linked to fatigue, burnout, brain fog, low mood, and early hormonal decline.**

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### **3. Cortisol–DHEA Ratio**

**A clinically important marker showing:**

- **Stress load**
  - **Recovery capability**
  - **Resilience vs burnout risk**
  - **Inflammation and metabolic stress**
- 

### **Who Should Take the Adrenal Stress Profile?**

**Recommended if you experience:**

- **Constant fatigue / exhaustion**
- **Difficulty waking up**
- **Daytime energy crashes**
- **Brain fog or poor concentration**
- **Anxiety, irritability or low mood**
- **Sleep issues or night waking**
- **Weight gain (especially around the stomach)**
- **Low immunity / frequent illnesses**
- **PMS, perimenopause or menopause symptoms**
- **Blood sugar fluctuations**
- **Chronic pain or inflammation**
- **Long Covid or post-viral fatigue**

**Also useful for individuals with:**

- **High-stress careers**

- Shift work
  - Chronic illness
  - Suspected adrenal fatigue patterns
  - Medical conditions influenced by cortisol (thyroid, autoimmune, digestive issues)
- 

### How the Test Works

✓ Saliva or blood micro-sample collection

Non-invasive, taken at home or in clinic at set times.

✓ Lab analysis of circadian hormone rhythm

Provides a dynamic picture rather than a single snapshot.

✓ Detailed report

Includes:

- Cortisol curve (graph)
  - DHEA levels
  - Cortisol:DHEA ratio
  - Interpretation and clinical overview
  - Personalised recommendations
- 

### What Your Results May Indicate

High Cortisol:

- Stress overload
- Anxiety
- Irritability
- Weight gain
- High inflammation

Low Cortisol:

- Burnout
- Chronic fatigue

- Low resilience
- Poor stress tolerance

#### Flattened Curve:

- Adrenal exhaustion
- Long-term stress impact
- Poor recovery capacity

#### Low DHEA:

- Low vitality
  - Hormonal imbalance
  - Immune suppression
- 

#### Why Choose UK Medicare Screening Clinic?

- ✓ Clinical interpretation included
  - ✓ Non-invasive sample collection
  - ✓ Accurate circadian hormone mapping
  - ✓ Options for follow-up hormone, thyroid, gut & metabolic testing
  - ✓ Stress resilience and lifestyle support available
- 

#### Pricing

##### Adrenal Stress Profile

£149 – £199

Includes full report + clinician interpretation.

##### Add-ons:

- Thyroid Panel (T3, T4, TSH, antibodies) – £79
  - Female Hormone Profile – £99
  - Cortisol only (single sample) – £49
  - SIBO Breath Test – £149
  - GI Microbiome Profile – £249
- 

#### Book Your Adrenal Stress Profile

