



MedLab Pathology (MLP), accredited to the ISO 15189:2012 medical testing standard offers comprehensive multi-disciplinary pathology services to GPs and Hospitals throughout Ireland. MLP was established in May 2010 as Sonic Healthcare's Irish Laboratory facility. MLP has been developed to bring together Sonic Healthcare's proven international capabilities and local expertise to provide internationally recognised best practice developments in laboratory medicine and specimen transport to the Irish healthcare sector. We are committed to delivering service excellence through our dedicated clinical, scientific, customer service and logistics staff.



Peptest™

MedLab Pathology can now offer the new, accurate and painless Peptest™ for diagnosis of reflux. Peptest™ test is a diagnostic test for all types of reflux disease, which measures the presence of pepsin in a saliva sample. As pepsin is only produced in the stomach it is a quick, easy and unique marker of the reflux of gastric contents responsible for reflux disease. Peptest™ is the only non-invasive test available today and the sample collection can be completed in the privacy of your own home. Peptest™ gives you an accurate measurement of the severity of your reflux disease. Results are obtained fast with no waiting list for the test.

What is reflux?

Reflux is the contents of the stomach escaping through a valve at the top of the stomach and up into the oesophagus and even into the airways causing a variety of symptoms. There are many causes including poor diet, too much alcohol, being overweight, smoking, acidic food, pregnancy use of certain pain medication and general lifestyle. It often results from a weak or damaged valve called the Lower Oesophageal Sphincter. There are two main types of reflux:

- **Gastroesophageal Reflux Disease (GORD)**
 - Symptoms include: Heartburn, Regurgitation, Feeling of burning, Heat/Warmth, Pain just behind the breast bone (heartburn), Pain when or difficulty swallowing, Bad breath and/or bad taste in the mouth, Burping, Chest pain, Regurgitation, Nausea and vomiting
- **Laryngopharyngeal Reflux (LRP)/ Airway Reflux**
 - Symptoms include: Sore Throat, Chronic Cough, a feeling of a lump in the throat, Post Nasal Drip, Persistent Throat Clearing, Voice Changes, Hoarseness, Asthma, Earache and the loss of dental enamel.

Reflux disease is one of the most prevalent chronic diseases in the world with an estimated 900,000 actual GORD and extra-oesophageal reflux sufferers in Ireland. Reflux disease damages the oesophagus and does impact on the quality of life of sufferers in numerous ways from minor inconveniences to more serious life threatening conditions if untreated. If you suffer from reflux symptoms for more than two years you could be at risk of serious illness such as cancer of the oesophagus or larynx.

Reflux disease can worsen overtime and may lead to serious complications such as ulcers and oesophagitis. Without early diagnosis and treatment, reflux can in time lead to damage the oesophagus and a condition called Barrett's Oesophagus that in certain cases can lead to Oesophageal cancer.

Reflux disease can be managed, once diagnosed early by certain lifestyle changes such as

- Eat smaller portions at regular intervals and eat your last meal at least 3 hours before bed
- Wait 2 hours after a meal before exercise
- Drink lots of water, especially alkaline (pH 8.8) water
- Sleep on your left side and raise the head of your bed so that your head and chest are higher than your feet
- Avoid alcohol and spicy foods
- Wear loose-fitting clothes
- Maintain a healthy weight
- Keep a symptoms diary
- Stop smoking

You may want to take the test if:

- You suffer symptoms regularly.
- You are worried or concerned about your symptoms.
- Your current medication is not fully relieving your symptoms

Benefits of taking the Peptest™

- Using Peptest™ reflux can be diagnosed rapidly, accurately and economically.
- Using Peptest™ the severity of the reflux symptoms is quantifiable.
- The saliva sample collection can be completed in the privacy of one's own home.
- Positive results will help your doctor manage your reflux to help your specific symptoms.
- A negative result demonstrates that other factors could be involved in causing the symptoms, so further investigation is required.
- Peptest™ is the only non-invasive test available in the world for diagnosing reflux disease.
- Peptest™ is the only diagnostic test that measures the presence of pepsin in the saliva.

How to Order a Peptest™ kit

Please contact Customer Support on 1800 303 349 to place an order. The cost of the analysis is €85.00. This includes the request form, patient instruction leaflet and the Peptest™ kit plus a prepaid freepost return container to MLP. Payment can be made on account, postal order or credit/debit card once the sample is received in the laboratory.

IMPORTANT INFORMATION

The Peptest™ requires you to take 2 small saliva samples over a 1-2 day period. Samples are required to be kept in the fridge until you are ready to return them to the laboratory. Please avoid the below before taking your samples:

- 60 mins prior to sample collection - Caffeinated Drinks, Carbonated Drinks and smoking.
- 48 hours prior to sample collection - Alkaline Water, Antacids, Alginate suspension medication e.g. Gaviscon



For more information please contact Sales on
01 2933690 or sales@medlabpathology.ie

For More Information

If you would like more information on MLP's services please contact the Sales Department on sales@medlabpathology.ie or 01 2933690

