

# Lab4gut - Intestinal Health

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Lab4more

Barcode- Labor

Bogen 6

Name, Christian name \_\_\_\_\_  
 Address \_\_\_\_\_ D.o.B. \_\_\_\_\_  
 Pat.Nr (LABOR) \_\_\_\_\_  
 Marital Status \_\_\_\_\_  
 Date \_\_\_\_\_

## PATIENT CONSENT

I have read, understood and accept the declaration on page 2 (Stand 01/2021\_V3)

I hereby give my consent to the examinations that have been requested, as well as to the preparation of a special report of these laboratory values (without additional costs) by Lab4more GmbH.  
 The liquidation for these services will be based on the Gebührenordnung für Ärzte (GOÄ) plus a charge for materials and shipping costs in accordance with § 10 GOÄ.  
 I have been informed that my health insurance provider may not completely cover the cost of all the tests requested and that I am liable for the payment of the entire cost of such tests.

Date: \_\_\_\_\_ Patient's Signature: \_\_\_\_\_  
 Patient signed in the practice Tel.No. Patient: \_\_\_\_\_

**REQUESTS WITHOUT A SIGNATURE CANNOT BE PROCESSED**

**PRACTICE STAMP**

**INVOICE TO**  
 Private patient (64)  
 Not insured (50)  
 Alternatively to  
 Practice (70)

Diagnosis/Important Information

Additional Test requests

First Visit (181)  
 Control (182)  
 No Interpretation (183)  
**Sex**  
 Male  
 Female  
 Other  
 Pregnancy

Collection date .....  
 Time .....  
 Medication (184) .....

**Information for BMI**  
 Height (cm) ..... (171)  
 Weight (kg) ..... (172)  
**Inform für Waist to Hip-Ratio**  
**Measurements**  
 Waist (cm) ..... (178)  
 Hips (cm) .....(179)

## Which medications/preparations are you taking at the moment or regularly?

### MEDICATIONS

Antibiotics, which? .....

### FOOD SUPPLEMENTS

Pre-/Probiotics, which? .....

## PERSONAL INFORMATION

Please mark all relevant symptoms with the severity ① light/rarely ② middle/moderate ③ strong/regularly

### LIFESTYLE / NUTRITIONAL HABITS

- ① ② ③ Sport
- ① ② ③ Smoking
- ① ② ③ Alcohol
- ① ② ③ Energy drinks
- ① ② ③ Coffee
  - Mixed diet
  - Nutritionally balanced diet
  - Meat rich diet
  - Low Carb diet
  - Vegetarian diet
  - Vegan diet
  - other diet : .....

### INTESTINAL DISORDERS

- ① ② ③ Constipation
- ① ② ③ Diarrhoea
- Stools/Day .....
- ① ② ③ Flatulence
  - Bloating feeling after eating
  - Colic
  - Stomach ache
  - Loss of appetite
  - Haemorrhoids
  - Irritable Bowel
  - Chronic inflammatory intestinal disease
- which? .....

### METABOLIC SYNDROME

- Over weight (Adiposity (BMI>30))
- Metabolic syndrome

### CARDIOVASCULAR

- Hypertension
- Arteriosclerosis
- Heart attack, when? .....
- Stroke, when? .....

### DIABETES

- Diabetes Type I
- Diabetes Type II

### LIVER DISEASES

- Lipid metabolism disorder
- Fatty liver
- Hepatitis
- which Form? .....
- Liver fibrosis
- Liver cirrhosis

### NEUROSTRESS

- ① ② ③ Stress
- ① ② ③ Burn-Out
- ① ② ③ Tiredness/Fatigue
- ① ② ③ CFS/Chronic Fatigue Syndrome
- ① ② ③ Fear/Panic attacks
- ① ② ③ Depression
- ① ② ③ Sleep disorders
- ① ② ③ ADS/ADHS
- ① ② ③ Cravings
- ① ② ③ Fibromyalgia
- ① ② ③ Headaches/Migraine

### LOCOMOTORY SYSTEM

- ① ② ③ Arthritis
- ① ② ③ Arthrosis
- ① ② ③ Rheuma
- ① ② ③ Osteoporosis
- ① ② ③ other inflammatory disorder of the locomotory system

### IMMUNE SYSTEM

- ① ② ③ Frequent infections
- ① ② ③ Chronic infections
- which? .....
- Wound healing disorders
- Autoimmune diseases
- which? .....
- Skin
- Neurodermitis
- Psoriasis
- Urticaria
- other skin diseases
- which?.....

### ALLERGIES/INTOLERANCES

- ① ② ③ Food allergies (IgE) which? .....
- ① ② ③ Food Intolerances (IgG) which? .....
- Gluten intolerance
- Coeliac
- Histamine intolerance
- Asthma
- Fructose intolerance
- Lactose intolerance
- Inhalative Allergies/Rhinitis .....

### TUMOR DISEASES

- Tumor diseases
- which? .....
- when? .....
- Treatment (currently, or in the last 4 - 6 Wo.)
- yes  no  planned
- which Treatment? .....

### OTHER DISORDERS

- THYROID**
- Hyperthyroidism
- Hypothyroidism
- KIDNEYS/BLADDER**
- Renal disorders
- which? .....
- ① ② ③ Incontinence
- OTHER DISORDERS**
- .....
- .....
- .....

## MOL. BIOL. MICROBIOM ANALYSIS

<input type="checkbox"/> ST	<b>Lab4gut basis/semiquantitative</b> 6574
	Semiquantitative molecular biological base analysis of 11 key bacteria Akkerm. muciniphila, Faecalib. prausnitzii, Ruminoc. gnavus, Eub. rectale, Bacter. vulgatus, Prev. copri, Desulfov. piger, Bact. fragilis, Bifido. longum, Roseburia intestinalis, Methan. smithii unclear well-being disorders,
<input type="checkbox"/> SPZ (ST,NGS)	<b>Lab4gut NGS</b> <b>NEW</b> 6573
	Quantitative molecular bacterial analysis using Next Generation Sequencing: Relationship phyla, diversity, Enterotypes, ratio Bacteroidetes/Firmicutes, groups, SCFA formers, mucus degraders, LPS formers, pathogens etc. unclear well-being disorders, metabolic dysbalance, dyspeptic intestinal problems, risk determination <input type="checkbox"/> mit Endotoxin Index
<input type="checkbox"/> SPZ (ST,NGS)	<b>Lab4gut advanced</b> <b>NEW</b> 6575
	Quantitative molecular bacterial analysis using Next Generation Sequencing: Lab4gut NGS + endotoxin index, zonulin $\alpha$ -1-antitrypsin unclear well-being disorders, inflammatory indicators
<input type="checkbox"/> SPZ (ST,NGS)	<b>Lab4gut NGS complete</b> <b>NEW</b> 6576
	Quantitative molecular bacterial analysis using Next Generation Sequencing: Lab4gut NGS + parasites (PCR), endotoxin index, $\alpha$ -1-antitrypsin, calprotectin, beta-defensin 2, zonulin, biliary acids, pancreatic elastase unexplained intestinal symptoms, Inflammation, digestive disorders
<input type="checkbox"/> SPZ (ST,NGS, 2.MU)	<b>Lab4gut - Brain</b> <b>NEW</b> 6577
	Quantitative molecular bacterial analysis using Next Generation Sequencing: Lab4gut NGS + Neurotransmitter I Intestinal & neurogenic disorders (fear, depressive moods)
<input type="checkbox"/> SPZ	<b>Parasite Profile</b> <b>NEW</b> 6533
	Blastocystis hominis, Dientamoeba fragilis, Entamoeba histolytica, Entamoeba dispar, Giardia lamblia, Cryptosporidium.
<input type="checkbox"/> ST	<b>Mycological Intest. flora to NGS</b> 12224
	Candida spp., Geotrichum candidum, Moulds (semi quantitative)

## MICROBIOLOGICAL STOOL TESTS

<input type="checkbox"/> ST	<b>Intestinal Ecogramm</b> 4101
	Semi quantitative microbiological analysis of the key intestinal flora, fungi, Clostridia, Enterobacteriaceae, Lactobacilli, Bifidobacteria etc., Digestive disorders, intestinal cleansing

<input type="checkbox"/> ST	<b>Digestive Disorders</b> 2522
	Semiquantitative determination of digestive remains (starch, fat, protein)
<input type="checkbox"/> ST	<b>Enteritis pathogens</b> 10064
	Salmonella, Shigella, Yersinia, Campylobacter etc.
<input type="checkbox"/> ST	<b>Helicobacter pylori Ag</b> 10053
<input type="checkbox"/> ST	<b>Clostridium difficile Toxin</b> 10030
<input type="checkbox"/> ST	<b>Viral Enteritis Agents</b> 10018
	Rotavirus (EIA), Adenovirus (EIA)
<input type="checkbox"/> ST	<b>Norovirus (EIA)</b> 10035
<input type="checkbox"/> ST	<b>Adenovirus (EIA)</b> 10036
<input type="checkbox"/> ST	<b>Norovirus (EIA)</b> 10037
<input type="checkbox"/> ST	<b>Fungi</b> 4697
	Cand. spp, moulds, yeasts, Candida albicans
<input type="checkbox"/> ST	<b>Parasites/Worms (Direct testing)</b> 10031
	Microscopy, Antigen determination (Giardia lamblia, Entamoeba histolytica)

## MUCOSAL BARRIER / IMMUNITY

<b>BACTERIAL METABOLISM</b>	
<input type="checkbox"/> ST	<b>Short chain fatty acids (SCFA)</b> 6620
<b>DETOXIFICATION LPS</b>	
<input type="checkbox"/> ST	<b>Intest. alkaline phosphatase</b> <b>NEW</b> 839
	Dysbiosis caused by LPS positive bacteria
<b>MUCOSAL IMMUNITY</b>	
<input type="checkbox"/> ST	<b>Secretory IgA</b> 1618
	Protective barrier against pathogens, inflammation, mucosal competence, Coeliac
<b>INFLAMMATION</b>	
<input type="checkbox"/> ST	<b>Calprotectin (Granulocyte protein)</b> 2241
	Inflammation marker in chronic inflammatory intestinal diseases, invasive mucosal inflammation
<input type="checkbox"/> ST	<b><math>\alpha</math>-1-Antitrypsin</b> 10068
	First Line Marker for intestinal inflammatory activity and the related increased intestinal permeability
<input type="checkbox"/> ST	<b>Beta-Defensin 2</b> 3520
	Marker for chronic inflammatory bowel disease, local inflammation of the intestinal mucosa, Leaky Gut
<input type="checkbox"/> ST	<b>EDN</b> 6688
	Inflammation in allergic diathesis (eosinophil activation)
<b>PERMEABILITY</b>	
<input type="checkbox"/> ST	<b>Zonulin</b> 3510
	Regulator protein between blood stream & intestinal lumen
<input type="checkbox"/> ST	<b>Leaky Gut</b> 10068,3510
	$\alpha$ -1-Antitrypsin, Zonulin
<b>MALDIGESTION</b>	
<input type="checkbox"/> ST	<b>Pancreatic Elastase</b> 10048
	Digestive enzyme of the pancreas, unclear diarrhoea, constipation, fatty stool, flatulence

<input type="checkbox"/> ST	<b>Biliary Acids</b> 3748
	Biliary acid deficiency in bacterial Overgrowth, Bile Loss Syndrome

## FOOD INTOLERANCES

<input type="checkbox"/> STH	<b>Histamine</b> 3177
<input type="checkbox"/> ST	<b>EDN</b> 6688
	Inflammation in allergic diathesis (eosinophil activation)
<input type="checkbox"/> ST	<b>Anti Gliadin slgA</b> <b>NEW</b> 6697
	Evidence of antibody reaction to gliadin in stool in coeliac disease
<input type="checkbox"/> ST	<b>anti-Transglutaminase slgA</b> <b>NEW</b> 6698

## PREVENTION

<b>INTEST. CANCER EARLY DIAGNOSIS</b>	
<input type="checkbox"/> ST	<b>Haemoglobin/Haptoglobin</b> 4686
	sensitive marker for blood in stool
<input type="checkbox"/> ST	<b>M2PK</b> 4695

## GUT ASSOCIATED BLOOD TESTS

These tests can also be found on the main request form (Bogen1): To order these additional blood tests, a separate request form is required!

### PERMEABILITY DISORDERS

Leaky Gut/Bacterial Translocation  
LBP, TNF $\alpha$ , IL10, F-Aktin Ab IgA, I-FABP  
LBP (LPS-binding Protein)

Mucosal dysfunction antigen -  
Translocation through the intestinal mucosa  
Marker for intestinal permeability disorder  
I-FABP (intest. fatty acid binding protein)  
Damage of the intestinal epithelia  
GP2-AK

Marker for mucosal inflammation in the small intestine

Anti-F-Aktin IgA (Activity marker)  
Mucosa associated diseases, coeliac

### FOOD ALLERGIES

Histamine  
Diaminoxidase  
Marker for Histamine intolerance  
VictuAlis - VictuScreen IgG<sub>3</sub>  
IgG mediated reactions to foods in patients with chronic symptoms  
VictuAlis - VictuScreen IgG<sub>4</sub>  
Coeliac (Serum)  
Transglutaminase2, Gliadin-Ab, total IgA  
NCGS (Non Coeliac Gluten Sensitivity)

SPZ	= Request Special Testkit
STH	= Request Special Histamine Testkit
ST	= Stool tube
NGS	= Special NGS Tube
2.MU	= 1 Urine tube with 2 <sup>nd</sup> morning urine (small white tube with stabilisator pellet)
* no GOÄ invoice	

## CONSENT TO COLLECTION/TRANSFER OF MY PATIENT DATA (Status 01/2021\_V3)

I have been informed and agree that the MVZ Labor Bavariahaus and its operating company Lab4more may collect, process and use personal data, in particular name, address, date of birth, treatment data, invoice amounts, cost units, diagnoses and findings from the treatment in compliance with the EU General Data Protection Regulation, the Federal Data Protection Act, Section 203 of the German Criminal Code and Section 73 (1b) of the German Social Code for the purpose of fulfilling the contract.

For the examination of special analyses, the MVZ Labor Bavariahaus and its operating company Lab4more transmit my patient data (first and last name, date of birth, address, order number) and medical samples to affiliated and external laboratories. Externally, the Medical Laboratories Düsseldorf, Nordstr. 44, 40477 Düsseldorf are primarily commissioned. In rare cases, laboratory services are sent to other special laboratories for analysis. Frequently used special laboratories are: Laboratory Munich Centre, Bayerstr. 53, 80335 Munich; Practice Prof. Dr. med. Michael Kramer, Mönchhofstr. 52, 69120 Heidelberg.

Billing for the laboratory tests carried out is done via the respective above-mentioned service provider. For the aforementioned laboratories, dgpar GmbH, Mainzer Straße 97, 65189 Wiesbaden, is the commissioned billing office, which receives the treatment data essential for billing (first name, surname, date of birth, address, diagnosis, service numbers for the examinations), also insofar as these are "special types of personal data" as defined in Art. 9 Para. 1 of the EU General Data Protection Regulation. In addition, existing fee claims arising from my medical treatment may be passed on to the collection company Eurincasso GmbH, Mainzer Straße 97, 65189 Wiesbaden (name, address, date of birth, service numbers, invoice amount, treatment documents, laboratory invoices and results, etc.). Should it be necessary to forward findings and examinations of this order to the debt collection company Eurincasso GmbH, I release my doctor/therapist from his medical confidentiality obligation in this respect. All employees of Eurincasso GmbH, but also of dgpar GmbH, are subject to the rules of the data protection law and are bound to secrecy under the threat of punishment in accordance with § 203 StGB (German Penal Code). I am aware that I can revoke this declaration of release from the duty of confidentiality at any time with effect for the future.

I have been informed that

- the collection, processing and use of my data is voluntary and that I can refuse my consent or revoke it at any time with effect for the future. with the consequence that the treatment contract will not be concluded.
- in the event of a revocation, this must be sent in writing to MVZ Labor Bavariahaus, c/o Lab4more GmbH, Augustenstraße 10, 80333 Munich or by e-mail to geschaeftsfuehrung@lab4more.de.
- I am entitled to request information about my stored personal data at any time.
- I am entitled to request the correction, deletion or blocking of individual data at any time.

I have viewed the information on data protection in accordance with Art. 13 DSGVO on the website www.lab4more.de/datenschutz or I have received a printed copy on request at info@lab4more.de. With my signature on the laboratory order, I agree exclusively to the collection, processing and forwarding of my data for the above-mentioned purposes.