



# SIBO Breath Test

## Patient Instructions

### 1 – Getting Started

Before you start the breath test, a 24–48 hour preparation is required consisting of a 12 hour restricted preparation diet and a 12 hour fasting period (overnight). Breath samples are then collected every 20 minutes for 3 hours total (1 baseline/control sample & 9 breath samples after ingesting a Glucose or Lactulose solution).

#### Things to know before you start:

- Do not conduct this test if you have an acute infectious illness or atypical diarrhea.
- Wait at least 1 month after colonoscopy, Barium studies or enemas before conducting the test.
- Wait at least 2 weeks from your last dose of antibiotics or antimicrobials/antifungals before completing the test (unless retesting – discuss with your Practitioner/Physician)
- Continue to take all other medication prescribed by your doctor, for example blood pressure drugs, cholesterol lowering drugs, thyroid drugs, etc.

#### One week before testing

- Please stop probiotics

#### One day before testing

- Please stop non-prescriptive digestive aids such as hydrochloric acid/betaine HCL, digestive enzymes, non-prescriptive laxatives/stool softeners and/or bulking agents and non-prescriptive antacids/Proton Pump Inhibitors (PPIs)
- Stop supplements/herbs that contain fibre or promote bowel movements.



## One hour before testing

- Do not clean your teeth with toothpaste or use mouthwash. Wash your teeth/mouth with water only.
- Do not smoke (including second-hand smoke) for at least 1 hour before or at any time during the breath test.
- No sleeping or vigorous exercise for at least 1 hour before or at any time during the breath test.

## Important information:

This test uses glucose or lactulose as its testing agent and is not recommend for individuals who have had allergic reactions to lactulose, are diabetics with a fasting urine glucose concentration  $>105\text{mg/dl}$  or are on a galactose/lactose-restricted diet.

## 2 – Preparation Diet

### Why is the preparation diet so important?

The SIBO breath test is a measure of gases produced by bacteria in the small intestine, having consumed a sugar-laden drink. Plant-based foods and lactose containing foods will also feed these bacteria and they will produce these gases. By adhering to the diet, you will get a clear reaction to the sugary drink and ensure the accuracy and reliability of your results.

### How long should the preparation diet be adhered to?

The preparation diet should be adhered to for a minimum of 24 hours prior to starting the test. Your practitioner may request you to follow this diet for 48 hours prior to starting the test if you are very constipated. Please check with your practitioner: it is their decision.

### 1-2 days before your test

- The following list of foods are the ONLY acceptable foods for the preparatory diet – if it is not on this list, DO NOT eat it:



- Baked or grilled chicken, fish or turkey (seasoned with salt and pepper only)
- White bread (only)
- Plain steamed white basmati or jasmine rice (if you are on a grain free diet, please do not consume rice).
- Eggs (cooked any way you prefer)
- Clear chicken or beef broth with (no vegetables pieces) (no bouillon, bone or vegetable broth).
- Olive oil / coconut oil for cooking (1 tbsp only)
- Vegetarians may have tofu.
- Salt & pepper
- You may drink plain still water, weak black coffee or weak black tea – with NO sugar or artificial sweeteners or milk/cream added.
- NO green or herbal teas

If you are uncertain if something will affect the test, avoid the product or consult your practitioner prior to starting the test.

## **12 hours before starting your test**

Begin fasting: DO NOT eat or drink anything, except water. You can establish your own time-frames but as an example, from 8am – 8pm of the day before the test...

- Breakfast: scrambled eggs (made without dairy)
- Mid morning snack: chicken broth (no veg)
- Lunch: chicken with white rice seasoned with salt and pepper
- Mid afternoon snack: chicken broth
- Dinner: fish and white rice seasoned with salt and pepper
- Drinks: water
- From 8pm – 8am: FASTING – you can drink water during this time.

## **The day of the test**

Wake up at least 1 hour prior to beginning the sample collection. You may brush your



teeth as normal, but do not have breakfast. No smoking or vigorous exercise for at least one hour prior to or during sample collection. You may drink water throughout the breath test in moderation.

## **Once collected:**

Keep collected specimens at room temperature.

## **3 – Before starting the test**

Please read all the previous directions and familiarise yourself with the test procedures. The test results will only be useful if the samples are properly collected. This test is intended for individuals over 25lbs.

Do not insert your finger into the tube holder of the Easy Sampler at any time – it contains a sharp needle hidden by a rubber covering.

Do not loosen or remove the tops of the vacuum sealed collection tubes: this will destroy the vacuum and make the tubes useless for the test.

## **Kit Contents**

- EasySampler™ with tube holder, Labels for collection tubes,
- 10 vacuum sealed collection tubes, 10g of glucose or lactulose

## **Time needed for testing**

- This test will take 3 hours to complete
- After collecting the baseline sample and drinking the solution, each breath sample will be collected in 20-minute intervals throughout the test period
- Please schedule your time appropriately

Review the (above) Patient preparation guidelines prior to performing the test!



## **Prepare the Test solution – DO NOT DRINK YET!**

Mix the lactulose or glucose solution into 8-10 ounces (250-280mls) of water

Set drink aside: you will consume the solution after you collect your baseline sample.

## **4 – Performing the test**

Collect your baseline sample following steps 1-4:

1. Hold the EasySampler device in one hand and a collection tube in the other hand.
2. You will only exhale once per each sample collection. Take a (NOT DEEP) breath in; close your mouth around the mouthpiece and blow out normally. Exhale once each per sample collection. As you exhale, the bag fills with air. Keep it inflated. (There is a small hole in the bag – this is intentional). During your exhalation, insert the test tube into the needle holder completely so the stopper on the tube is punctured.
3. Remove the test tube after 1-2 seconds. Keep the bag inflated until after the test tube is removed from the test tube holder.
4. Complete the tube label provided. Make certain you label the Sample # correctly or your results will be inconclusive.
5. Drink the entire test solution you prepared and then wait 20 minutes.
6. Collect one breath sample every 20 minutes until all the test tubes are used. Collect all samples following the Sample Chart and Collection Steps 1-4.
7. Put collection tubes in the bubble bag(s). Place the bubble bag(s), any paperwork, and the EasySampler device back in the cardboard container, and return to the laboratory for analysis.

Return the kit immediately for analysis. Your breath sample is stable for 14 days after collection.