

# Regenerus Labs SIBO Lactulose Test Instructions

Aero 14, Kings Mill Lane, Redhill, Surrey, RH1 5JY, United Kingdom  
Email: info@regeneruslabs.com Website: regeneruslabs.com

Tel: 020 37500870

## Instructions for 3-Hour Breath Test - Hydrogen and Methane Small Intestinal Bacterial Overgrowth Test (SIBO)

Please read all the instructions carefully before you start the test and familiarise yourself with the test procedures.

**You must fully adhere to the pre-test dietary restrictions on page 2.**

The test results will only be valid if the samples are correctly collected.

Verify the kit contents are complete (see below). If you are missing items, please contact us using the details in the header of this letter.

This test **must not** be performed on the same day as a lactose or fructose intolerance test breath test.

### Patient Guidelines

#### 1 - Getting Started

##### Things to know before you start:

- Do not conduct this test if you have an acute infectious illness or atypical diarrhea.
- Wait at least 2 weeks 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.

#### 2 - Preparation Diet

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

- The preparation diet should be adhered to for a minimum of 24 hours before starting the test, 12 hours of dietary restriction and 12 hours of overnight fasting.
- If you are constipated dietary restrictions should be followed for 36 hours followed by an overnight fast of 12 hours. Please check with your practitioner, they will advise accordingly.

##### 24-48 hours 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)

# Regenerus Labs SIBO Lactulose Test Instructions

Aero 14, Kings Mill Lane, Redhill, Surrey, RH1 5JY, United Kingdom  
Email: info@regeneruslabs.com Website: regeneruslabs.com

Tel: 020 37500870

- 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 vegetable pieces) (no bouillon, bone or vegetable broth).
- Olive oil /coconut oil for cooking (1 tbsp only)
- Vegetarians/vegans may have plain 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 before starting the test.

You may drink water throughout the breath test in moderation.

## 3 - Sample Collection Instructions

### You will need:

- 15mL (10g) lactulose sachet (mix with 300r water)
- Blue “EasySampler” mouthpiece and bag
- 10 x Glass collection tubes (**do not** remove caps) & 10 sample tube labels
- Bubble wrap packet for returning sample tubes
- Sample request form
- Instruction sheets
- Postal return items including cardboard box, security sticker, and pre-paid postal bag

1. Please read and follow the pre-test “Dietary Advice” and “Sample Collection” instructions. **You should have fasted overnight before commencing this test.**
2. Collect your first breath sample into the first collection tube. **Do not** remove the cap from the glass tube at any point as this will invalidate the sample. Fill in and use the “Fasting” sample label.
3. Mix the lactulose sachet with 300 mL water and drink the solution. Please ensure that you use the full sachet, as not ingesting the entirety of the 10g lactulose provided may cause inaccurate results.
4. Wait 20 minutes and collect your next breath sample.
5. Complete the “20 Minutes” label and attach it to the tube (see image below).
6. Repeat steps 4 – 5 every 20 minutes for 3 full hours, labelling each sample consecutively. Please note that once a tube has been used it cannot be reused.
7. On completion of sample collection for all 10 tubes, place the tubes in the bubble wrap bag carefully.
8. Place this into the cardboard box provided and place the box within the pre-paid postal bag.

### **Important Information**

If you are late collecting a sample, please collect at the earliest opportunity and accurately record the later time that the sample was taken. Continue collecting the remaining samples at the **original** timescale. (e.g., Fasting: 0 mins, Sample 1: 20 mins, Sample 2 (Delayed): 50 mins, Sample 3: 60 mins)

- Please attach the label with your information onto the correct tubes in the orientation as shown below:



### **Pack and return your samples:**

1. Place the bubble-wrap bag containing all glass tubes into the cardboard return box.
2. Place the provided sample request form into the cardboard return box.
3. Place the return box into the postal bag with return label and seal.

# Regenerus Labs SIBO Lactulose Test Instructions

Aero 14, Kings Mill Lane, Redhill, Surrey, RH1 5JY, United Kingdom  
Email: info@regeneruslabs.com Website: regeneruslabs.com

Tel: 020 37500870

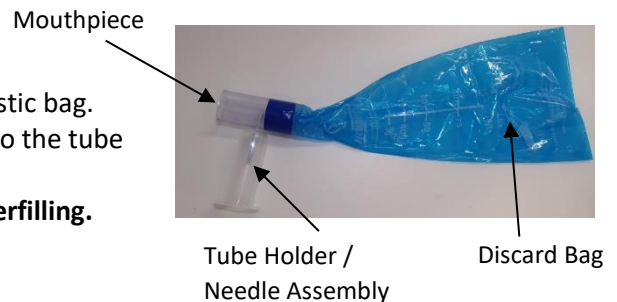
## Sample Collection Using the “EasySampler” Device

**Do not insert your finger into the tube holder of the “EasySampler” at any time – it contains a sharp needle within the rubber housing.**

### Before taking the test:

1. Carefully remove the collection device from the sealed plastic bag.
2. Ensure you have a mouthpiece with discard bag attached to the tube holder/needle assembly and your 10 glass tubes to hand.

**N/B: The blue discard bag has a vent hole in it to prevent overfilling.**



### Taking a sample:

1. Hold the “EasySampler” in one hand, and your fasting glass tube in the other  
**N/B: Do not loosen or remove the caps from these tubes as doing this will invalidate your sample.**
2. Partially insert the glass tube into the tube holder, cap first. **Do not push the glass tube onto the needle yet.**
3. Taking a normal breath (**not** a deep breath), seal your mouth around the outside of the mouthpiece and exhale normally.
4. As you exhale the discard bag will fill with air, and some will vent out through the vent hole.
5. When the discard bag is inflated, continue to exhale and press the cap of the glass tube into the needle assembly to puncture the cap of the glass tube with the needle inside.
6. Keep exhaling for 3 seconds with the needle inside the glass tube.
7. Remove the glass tube from the needle assembly before you stop exhaling.
8. Find the “Fasting” label sticker, and fill in your personal details, as well as sample collection time and date. Then stick the label to the tube in the orientation shown on page 2.
9. Drink the lactulose solution after mixing with water, as described in page 2.
10. Repeat this sample collection method every 20 minutes after drinking the solution as described in page 2, filling in each label, and attaching them to the glass tubes sequentially.



### **IMPORTANT NOTE**

We cannot process samples without all patient details included above, written on the sample container.

These **MUST** match the sample request form received with this sample.

It is highly recommended to post samples as soon as possible after collection between Monday - Wednesday, to minimise delays in the laboratory receiving the sample over the weekend and ensure suitable sample stability.