

SIBO Test Instructions

1. Stop taking all herbal, botanical, antimicrobial, and probiotics for 2 to 4 weeks. It is recommended to wait 4 weeks after antibiotics.
2. Avoid vitamin C, magnesium, ginger and any other supplements or medications that may act as a **laxative** at least 4 days prior to testing.
3. For 24 hours prior to testing you will avoid fiber, lactose, spices and have a diet focused on clear broths, lean meats and white rice.
 - a. Diet must be limited; for 24 hours prior to testing, please follow the ALLOWED food list which includes:
 - i. Baked or broiled chicken
 - ii. Fish or turkey (salt and pepper only)
 - iii. White bread (only)
 - iv. Plain steamed white rice
 - v. Eggs
 - vi. Clear chicken or beef broth (no vegetable pieces)
 - b. Allowed beverages include water
 - i. Plain coffee and tea (no sugar/artificial sweeteners or cream)
4. Comply to a 12 hour fast the night before testing. This means if you stop eating at 8 pm, you will complete the test at 8 am at the earliest with no eating prior.
5. Avoid exercising prior to testing.
6. Avoid smoking prior to testing.
7. Make sure you drink the solution that comes in the box, I can't stress this enough! You would be surprised how many people forget this part.