

SIBO BREATH TEST: Test Preparation

Strict compliance to the preparatory diet and guideline is required to ensure the most accurate and reliable results.

2 WEEKS BEFORE YOUR TEST

- Do not undergo colonoscopy, barium enemas, or colonics during this time.
- First time testing: Stop taking any antibiotics or antifungal medications.
- Testing after treatment: follow providers directions on the appropriate time to retest.

4 DAYS BEFORE YOUR TEST

Stop taking all laxatives and prokinetics, Vit C, and magnesium that is being taken to induce a laxative effect.

24 HOURS BEFORE YOUR TEST - BEGIN PREP DIET

- Avoid all non-essential medications, supplements, and probiotics.
- **For the first 12 hours** - you may eat anything you like from the green list.
Do not eat from the red list. **You are not required to eat. If you prefer, you can fast for 24 hours.**

AVOID	EAT ONLY THIS LIST
All Vegetables All Fruits All bone or vegetable broth All Nuts and Seeds All Nut Milk All Beans All sweeteners All dairy except butter All Grains All Condiments All green tea / herbal tea All mineral water All Spices and Herbs	Any red meat or poultry (skin removed) Any fish or seafood Plain steamed white rice (If already allowed) Eggs Clear meat broth made w/out bones or herbs Coconut Oil Olive Oil Lard Butter Salt & Pepper Weak Black Coffee (no creamer or sugar) Black tea (no creamer or sugar) Plain water

- **For the second 12 hours** - fast completely. **Avoid ALL food. Drink plain water only.**
Diabetic and pregnant patients should consult with their provider prior to fasting for recommendations.

**We recommend you plan to do your testing the first thing in the morning
so part of your 12 hour fast is overnight.**



THE DAY OF YOUR TEST:

- Wake up at least 1 hour prior to beginning sample collection.
- Necessary medications can be taken 1 hour before the start of collection with plain water.
- Continue fasting until the completion of the testing period.
- Brush your teeth with water only.
- No smoking.
- No vigorous exercise.
- Drink plain water only.

COLLECTING YOUR BREATH SAMPLES:


Please read the instructions on how to collect your samples included with the test kit ahead of time.

You will be collecting 9 samples over a period of 3 hours.

- Do not eat anything during the testing period.
- It's ok to drink plain water *after* collecting sample #5.
- When collecting a breath sample, *try to catch the last bit of air expelled*.
- Limit physical activity during testing.

TIPS FOR BEST RESULTS:

- Before the testing day, it is very helpful to read through all the directions included with the test kit.
- Make sure you understand the timing of sample collection ahead of time.
- Fill out the sample tube labels *as you collect the samples*.
This will ensure you record the exact time of collection.
- Use a ballpoint pen to fill out tube labels. Gel pens will smear.

U#	When to Complete	Time You Will Collect
Do not eat or drink anything for 1 hour before and during the collection.		
Tube 1	Start of collection	
Tube 2	Immediately after Tube 1	
	Immediately after collecting Tube 2 mix lactulose into 8 ounces of water and drink.	
Tube 3	20 minutes after the drink	
Tube 4	20 minutes after Tube 3	
Tube 5	20 minutes after Tube 4	
Drinking water is okay during the remaining time.		
Tube 6	30 minutes after Tube 5	
Tube 7	30 minutes after Tube 6	
If completing the 2-hour test, stop here.		
Tube 8	30 minutes after Tube 7	
Tube 9	30 minutes after Tube 8	

Don't plan to do anything else during the testing period. It's much easier to keep track of where you are in the process if you are not trying to complete other tasks.

This is a sample of what the collection guide looks like.

The first two sample collections are used to establish a baseline.

After drinking the lactulose solution, your samples will be showing how the bacteria in your gut are responding.

Hour 1: collect a sample every 20 minutes.

Hour 2: collect a sample every 30 minutes.

Hour 3: collect a sample every 30 minutes.