

Testing Instructions for SIBO Breath Test and Food Avoidance

What is the purpose of this test?

To evaluate for small intestine bacterial overgrowth (SIBO) by detecting both hydrogen and methane gas.

What type of test is this?

Breath.

How do I get this test?

Your test kit has been ordered. You will receive the kit in the mail five to seven business days after we order it for you. Inside the box you will find the following:

- Instructions for sample collection and how to return it to the lab.
- A SIBO Patient Record form for you to complete.
- The lab contact information should you have any test-specific questions.

Please ensure you are shipping the completed kit from outside the state of New York.

Where do I find and how do I fill out the requisition order for this test?

Your test kit will come it.

How do I prepare in terms of diet, supplements, and medications?

NOTE: For people who are lactose intolerant, the lactulose sometimes (but not always) will cause GI discomfort like gas, bloating, etc. We advise against doing the test if you have a true lactose allergy, but if you're willing to put up with discomfort, it is possible to do the test with lactose intolerance. You might try taking some digestive enzymes with lactase in them after the test is complete. If you prefer not to take the test, please let us know so we can order an alternate test for you.

TWO WEEKS BEFORE YOUR TEST

- Do not perform the test within two weeks of atypical diarrhea.
- Finish taking any antibiotics or antifungals (except those who are re-testing following
- SIBO treatment).
- Do not undergo colonoscopy or barium enemas during this time.

FOUR DAYS BEFORE YOUR TEST

- Avoid all laxatives, including high-dose vitamin C and magnesium.

ONE TO TWO DAYS BEFORE YOUR TEST

- Avoid all high-fiber and lactose-containing foods: all vegetables, all fruits, all nuts and seeds (including nut milks), all beans, all grains (except white rice, but only if your diet normally includes grains), all condiments, and all spices and herbs (except salt and pepper).
- The following list of foods contains the ONLY acceptable foods for the preparatory diet. If a food is not on this list, DO NOT eat it:
 - ❖ Any meat, fish/seafood, poultry
 - ❖ Plain, steamed jasmine white rice (if you are on a grain-free diet, please do not consume rice)
 - ❖ Eggs
 - ❖ Clear meat broth (no bouillon, bone/cartilage, or vegetable broth)
 - ❖ Fats/oils (for example, coconut/olive/vegetable oil, butter, or lard)
 - ❖ Salt and pepper
 - ❖ Weak black coffee and/or weak black tea (plain, no sweeteners or cream), NO green tea or herbal teas
 - ❖ For example meals on the preparatory diet, please visit <http://sibocenter.com/faqs/>

24 HOURS BEFORE YOUR TEST

- Stop taking all non-essential medications.

12 HOURS BEFORE YOUR TEST

- Begin fasting, avoiding all food and drinks (except water).

THE DAY OF YOUR TEST

- Wake up at least one hour prior to beginning collection. You may brush your teeth as normal.
- No smoking or vigorous exercise for at least one hour prior to collection.

Is the timing of this test important?

Do not do this test while you have an acute infectious illness.
Keep in mind that the test takes three hours to perform.

For best results, the lab should receive your sample(s) within 48 hours of shipping it. This means you should ship on Monday, Tuesday, or Wednesday AM (latest) in order to ensure delivery by Friday, since the lab does not receive or process samples on the weekend.

Was payment included in my invoice?

No, you have to pay separately

Where can I read more about this test?

<https://sibocenter.com/sibo-testing/>

You can also find an instructional video at <https://sibocenter.com/faqs/>

