

**Small Intestinal Bacterial Overgrowth (SIBO) Breath Test
Patient Preparation Instructions**

FOUR WEEKS BEFORE THE TEST

- Antibiotics must be avoided.

1 WEEK BEFORE THE TEST

- Stop taking bowel stimulants, pro-motility drugs and laxatives. Examples include magnesium citrate, lactulose, MiraLAX, Linzess, and senna.
- Stop taking probiotics and prebiotics.

1 DAY BEFORE THE TEST: BEGIN PREP DIET

- Avoid all complex carbohydrates and high-fiber foods – this includes all fruits, vegetables, nuts, seeds, beans, lentils, corn, peas, and whole grains (oats, brown rice, quinoa, whole grain bread, etc.)
- Avoid fermented foods – sauerkraut, kimchi, pickles, kombucha, etc.
- Avoid dairy products – Including coffee creamers and nut milks.
- Avoid butter and margarine.
- Avoid carbonated beverages (sodas or sparkling waters).
- Choose simple carbohydrates – white rice, white potatoes without skin, plain white bread, etc.
- Choose unseasoned protein options – fish, chicken, turkey, beef, eggs (salt and pepper okay).
- Choose oils for cooking – olive, avocado, coconut or vegetable oils.
- Choose plain water, weak black coffee or weak black tea to drink.

12 HOURS BEFORE TEST: BEGIN FASTING

- Avoid all food and drinks (except water). If you are diabetic, please follow attached instructions.
- Avoid strenuous exercise.
- Do not smoke.
- Do not chew gum.
- Okay to continue taking your prescription medicines (except any laxatives/stimulants as listed above).

DURING TESTING:

- Continue fasting – nothing by mouth – until after you have completed the test.

MISCELLANEOUS

- Okay to continue Proton pump inhibitors (Prilosec, omeprazole, Nexium, esomeprazole, etc.) and histamine receptor antagonists (Zantac, ranitidine, Pepcid, famotidine, etc.)
- Okay to continue Stool softeners (docusate or Colace).
- **Okay to continue rectal suppositories (non-stimulant type only).**

Collecting your breath sample in six easy steps!

This test will take 90 minutes to complete.

Step 1: Preparation

Ensure your test kit contains the following items:

1. 10 test tubes
2. 10 test tube labels
3. Test substrate: Lactulose

Please note, lactulose is sugar solution, and is not lactose (found in dairy products). However, if you are allergic to lactose, please notify us before proceeding with this test.

4. Collection device
5. Preparation guidelines
6. Instructions

After completing the preparation diet and 12-hour overnight fast, you are ready to take the test. Complete the following tasks before moving forward with step two:

- Write out the labels, including your name, sample number, and date. You will fill out the collection time as you take each sample.
- Mix up the substrate solution according to the instructions – however, do not drink solution yet!

Step 2: IMMEDIATELY BEFORE THE TEST

Wash mouth with antiseptic rinse (Listerine or equivalent), as oral bacteria may cause a false-positive test.

Step 3: Collecting your baseline sample

- Hold the test tube near the needle, but DO NOT puncture it yet.
- Take a normal breath in.
- Put your mouth over the collection device and start breathing out.
- WHILE you are breathing out, when the bag is inflated, put the test tube onto the needle for 1 to 2 seconds.
- Then take the test tube off the needle before you finish your breath.

After you have finished collecting your baseline sample, write the collection time on the label, stick it on the tube and set the tube to the side so it doesn't get mixed up or reused.

Step 4: Drink your prepared substrate solution now

- Reminder – do not have anything else to eat or drink until your test is completed.

Step 5: Set your timer for 10-minute intervals

- Collect your second sample 10 minutes after drinking the substrate solution in the same way that you collected the baseline sample.
- All samples must be collected at 10-minute intervals until all 10 samples have been collected.

If you collect a sample late, please ensure the next sample follows the original time schedule.

The breath test will take approximately 90 minutes to complete.

After you complete your last test tube, you are okay to resume your normal diet.

Step 6: Pack and send

When you have collected and labeled all samples, put five tubes into each bubble wrap bag and place them back in the test kit box. Close up the postage-paid box and return by mail to the clinic for processing.

**** KIT MUST BE RECEIVED WITHIN 14 DAYS OF COLLECTION ****

If you need assistance or have further questions about your test, please contact our office at 503-692-3750 or log into your *My Health Connection* account and click "Send a message" to your healthcare team for non-urgent items.

EXPIRATION DATE:

SIBO kits do have an expiration date. If you decide to not to do your test immediately, please be aware of the expiration date located on the outside of the box. If the test is completed after the kit has expired, we cannot guarantee the accuracy of the results. The kit deposit will not be refunded and you will need to pay a second deposit for another kit if you'd like another kit mailed to you.

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