

**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 complex carbohydrates. Examples are oatmeal, whole-grain breads, nuts, seeds, brown rice, quinoa, beans, corn, peas and lentils.
- No dairy, including coffee creamer and nut milks.
- No butter or margarine.
- No carbonated beverages (sodas or sparkling waters).
- Avoid all foods with high fiber content.
- Simple starches are okay to eat, including plain white bread or white rice, white potatoes. Simply-prepared meats (baked chicken or fish) are permitted.

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).

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).

Collecting your breath sample in six easy steps! This test will take three hours to complete.

If you prefer to see this process demonstrated, please watch this three and a half minute instructional video instead: <https://www.sibotest.com/pages/about-the-sibo-breath-test>

Step 1: Preparation

Ensure your test kit contains the following items:

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

Step 5: Set your timer for 20-minute intervals

- Collect your second sample 20 minutes after drinking the substrate solution in the same way that you collected the baseline sample.
- All samples must be collected at 20-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 three hours to complete.

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.