

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

FOUR WEEKS BEFORE THE TEST

Antibiotics:

- Antibiotics (oral, IV) must be avoided. Topical (eye drops, creams, ointments) are okay.

Antifungals:

- All oral antimicrobial agents must be avoided.

TWO WEEKS BEFORE THE TEST

- Wait 14-days after a colonoscopy or any barium imaging study.

1 WEEK BEFORE THE TEST

- Stop taking bowel stimulants, motility altering drugs and laxatives. Examples include Imodium, Linzess, Lomotil, MiraLAX, Pepto Bismol, senokot, senna, and Trulance.
- Stop taking magnesium citrate supplements. If you take another type of magnesium (glycinate, lactate, oxide, chloride, and any others), please stop 48-hours prior.
- Stop taking regularly prescribed Lactulose.
- Stop ALL probiotics and prebiotics - this includes supplements, foods, and beverages. Examples of foods and beverages to avoid - kefir, kimchi, kombucha, miso, pickles, pre-biotic sodas, sauerkraut, sour dough bread, and yogurt.

1 DAY BEFORE THE TEST: BEGIN PREP DIET

Choose *only* these beverages and foods:

- Plain water, black coffee, or black tea
 - Baked or broiled chicken, white fish, beef, or turkey (okay to season with salt and pepper only)
 - Eggs
 - Chicken or beef broth
 - Firm or extra firm tofu+
 - White bread+
 - Plain white rice+
 - Baked white potatoes without the skin+
 - Oils for cooking: olive, avocado, coconut, or vegetable oils+
- + *Vegan options*

Avoid, do not eat these foods and beverages:

- Whole grains and other starches – this includes all fruits, vegetables, beans, lentils, split peas, corn, peas, whole grains (oats, quinoa, whole wheat, barley, rye, millet, brown, etc.)
- Other rice varieties – including brown, jasmine, basmati, and wild rice.
- All nuts and seeds

- Soft or silken tofu, and meat-like products made from plants
- Protein powders
- Fermented foods – sauerkraut, kimchi, pickles, kombucha, tempeh, etc.
- Dairy products – including coffee creamers and nut milks
- Butter and margarine
- All other beverages not included in the list of foods that are okay listed up above

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 chewable antacids (Tums, Rolaids, etc.).
- Okay to continue stool softeners (docusate or Colace).
- Okay to continue fiber supplements (Metamucil, Citrucel, Benefiber, etc.)
- **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 *InteliChart PatientPortal* account and click "Message" to contact 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.

SIBO BREATH TESTING – FREQUENTLY ASKED QUESTIONS

- **What is a SIBO test?**

Small intestinal bacteria overgrowth or SIBO is a condition thought to occur as a result of "bad" bacteria overgrowing "good" bacteria in the small intestine. This may lead to various symptoms, including bloating, nausea, bowel habit change, and poor appetite. The SIBO breath test measures different levels of gas produced by bacteria in the small intestine.

This non-invasive test requires you to drink a sugar-based solution after following a specific diet in preparation for the test. Breath samples are collected at specific intervals and analyzed.

- **Where is the SIBO test performed?**

At home. Our SIBO Team will send a kit to your preferred address via the United States Postal Service (USPS). The kit will contain instructions on the prep and how to perform the test. The kit is then returned by USPS mail to the clinic, postage paid.

- **Can I have the test onsite?**

Unfortunately, we do not offer onsite testing.

- **When will my kit be mailed?**

Once confirmation is received, we mail your kit within 2-3 business days.

- **How quickly will I receive my results?**

Once we receive the kit onsite, we process within a few days.

- **Is fasting required for this test?**

Yes, fasting is required 12 hours prior to starting the test and once you begin the test. The prep instructions that come with the kit go over this in detail.

Fasting is important to ensure that the small intestine is clear on any food. A false positive or elevated baseline could result from not adhering to this instruction.

- **Why do I have to stop probiotics or prebiotics?**

These have been shown to affect hydrogen levels on breath testing.

- **Why do I have to stop laxatives?**

The use of laxatives or stool softeners may affect SIBO breath testing characteristics. We recommend stopping all laxatives (Miralax, lactulose, senokot, magnesium compounds) in preparation for your test.

If you have chronic or active constipation requiring treatment, we recommend stool softeners, specifically docusate or Colace, 100mg tablets or capsules, up to 2 per day.

- **The day prior diet is very restrictive. Can I replace anything on it?**

No. Any changes to the diet can affect the results of the test.

- **Is it okay to continue taking CBD/THC containing products prior to testing?**

There is no recommendation to stop using during the prep for a SIBO test. If you ingest cannabis in edible form, it must be avoided during the day prior diet and day of fasting.

- **Is it okay to continue my magnesium supplement prior to testing?**

No, you will need to stop this one week prior to completing the test.

- **Is lactulose the same as lactose?**

No. Lactose is the sugar from milk, while lactulose is a sugar solution and not dairy.

- **Can lactulose cause diarrhea?**

Lactulose is also used as a laxative, so some people may experience effects of needing to use the restroom during the test. However, some people do not experience any issues at all.

INSURANCE SPECIFIC:

- **Will I require an authorization for this test?**

Our referral and authorization department will contact your insurance company to determine if authorization is needed prior to performing the test. Authorization can take up to two weeks and is never a guarantee of payment. We encourage you to check with your insurance company for specific benefit information. When speaking to your insurance company, please provide this billing code to the representative:

CPT Code: 91065

- **What will my out-of-pocket cost be?**

Our financial counselors can discuss the overall cost with you once we have notification from your insurance on prior authorization requirements. If you would like specific details about your benefits, please contact your insurance plan directly for assistance.

- **What if I change insurance plans before I complete my SIBO test kit?**

Please contact our office before you complete your kit. We will need to request a new authorization before you proceed.

- **What if my insurance authorization expires before I complete my SIBO test kit?**

If you cannot complete and return your SIBO kit before your insurance authorization expiration date, please contact our office before completing your kit. We will need to request a new authorization before you proceed.

REFERENCE VIDEO:

You may find this video a helpful tool for performing for the SIBO test at home.

Please be aware, the timing of breath samples may vary from the directions provided here. Please follow our instructions and use 10-minute intervals for your breath samples as listed above.

Basic video for completing the test (3:33min): <https://www.youtube.com/watch?v=3kJMj8Zh5vg>