

SIBO TEST PREPARATION INSTRUCTIONS

To ensure proper sampling, please watch the step-by-step videos prior to beginning this test www.sibodiagnostics.com/resources

14 DAYS PRIOR TO TESTING

- Finish taking any antibiotics or herbal antimicrobials/antifungals.
- Do not undergo a colonoscopy, barium enemas, or colonics during this time due to changes in motility.

7 DAYS PRIOR TO TESTING

- Stop all probiotics.

4 DAYS PRIOR TO TESTING

- Stop all pharmaceutical/natural laxatives, including high dose vitamin C or magnesium if causing diarrhea.
- If laxative use is not causing diarrhea, it may be continued until 48 hours before testing. Do not use the day before testing.

THE DAY PRIOR TO TESTING (PREPARATION DIET)

- Follow the preparation diet for the entire day prior to your testing day.
The following list of foods are the ONLY acceptable foods for the Prep Diet:
 - **Meat, fish, seafood, poultry, and eggs**
 - **White rice (jasmine or basmati)**
 - **Clear meat broth (NO bouillon, bone/cartilage, or vegetable broth)**
 - **Fats and oils (coconut/olive/vegetable oil, butter, and lard)**
 - **Salt and pepper (NO other spices, herbs, or seasonings)**
 - **Weak black coffee or weak black tea (NO sweeteners/cream, NO green/herbal teas)**
- Stop all non-essential medications (consult with your physician to determine 'non-essential' from 'essential').

12 HOURS PRIOR TO TESTING (FASTING REQUIRED)

- Avoid all food and drink (except water) for 12 hours prior to testing. For example, if you are testing at 8am, your fast must begin at 8pm the night before. Do not resume eating until testing is completed.
- Diabetic patients should consult with their physician prior to fasting to ensure this test is safe for them.

TESTING DAY

- Wake up at least 1 hour prior to beginning collection. You may brush your teeth as normal.
- No smoking or exercise the morning of testing.
- If you use a proton pump inhibitor (PPI) medication, please do not take until after testing is completed.

DURING THE TEST

- Follow the exact instructions as outlined here and use the accompanying video tutorials as a helpful visual aid.
- The test should take 3 hours/180 minutes to complete, with breath samples collected every 20 minutes.
- Mix the provided lactulose solution in 8oz water and consume immediately after your baseline sample. After consuming, wait 20 minutes, then resume sample collection every 20 minutes until test is completed.

PLEASE NOTE: Avoid these common mistakes during sample collection!

1. Ensure a tight lip seal around the mouthpiece to avoid room air contaminating the sample.
2. Take a regular breath in through the nose before exhaling - a deep breath will wash out the sample.
3. DO NOT exhale too quickly, like blowing out a candle. A normal exhalation out through the mouth should take 2 to 4 seconds. Bag should stay inflated until after the glass vial is removed from the needle.
4. DO NOT puncture the tube more than once.
5. DO NOT remove the grey needle cover from the collection device - it is there for your safety.
6. DO NOT cover the hole in the breath bag - it is there to allow airflow.
7. Use bubble wrap provided to avoid vials breaking in transit back to the lab. Include your Patient Record Form!

SIBO TEST – Patient Record Form

Please fill out all **SHADED** portions of this form and include with completed samples.

<u>PATIENT NAME</u>		<u>PATIENT DATE OF BIRTH</u>	
<u>PHYSICIAN NAME</u>		<u>DATE OF SAMPLE COLLECTION</u>	
<u>CLINIC NAME</u>		<u>DATE RESULTS REPORTED</u>	

Sample	Collection Interval	Time of Collection	ppm H ₂	ppm CH ₄	CO ₂ Check	Corr.	Notes
1	Baseline						
MIX LACTULOSE IN 8oz OF WATER AND CONSUME IMMEDIATELY AFTER BASELINE. WAIT 20 MINS, THEN CONTINUE WITH SAMPLING EVERY 20 MINS, UNTIL DONE (180 MINS)							
2	20 mins						
3	40 mins						
4	60 mins						
5	80 mins						
6	100 mins						
7	120 mins						
8	140 mins						
9	160 mins						
10	180 mins						

Please record any symptoms experienced during testing in the "Notes" section. If vomiting occurred while testing, please indicate time here: _____

PATIENT PREP CHECKLIST:

- Followed Prep Diet previous day
- Fasted 12 hours before test
- Avoided exercise/tobacco morning of test
- Followed Sample Schedule (20 minute intervals)
- Shipped completed samples back to lab in bubble wrap provided with this completed form.

INCLUDE THIS FORM WITH YOUR SAMPLE

For sanitary reasons, DO NOT return used breath collection bag
Samples are valid for **14 days** from the collection date.

Results will be sent to the Physician indicated on this form within 5 business days of receipt at SIBO Diagnostics.

PLEASE SHIP COMPLETED BREATH VIALS & THIS FORM TO:

SIBO DIAGNOSTICS
#301-1321 Blanshard St. (The Atrium)
Victoria, BC V8W 0B6

*Return shipping not included. Express shipping with tracking recommended.