

Associated Conditions

Acromegaly
 Alcohol Consumption (moderate intake)
 Anemia
 Autism
 Celiac Disease
 Crohn's Disease
 Chronic Fatigue Syndrome
 CLL (Chronic Lymphocytic Leukemia)
 Cystic Fibrosis
 Diabetes
 Diverticulitis
 Erosive Esophagitis
 Fibromyalgia
 GERD (Gastroesophageal Reflux Disease)
 H. Pylori Infection
 Hypochlorhydria
 Hypothyroid / Hashimoto's Thyroiditis
 IBS (Irritable Bowel Syndrome)
 Interstitial Cystitis
 Lactose Intolerance
 Leaky Gut
 Liver Cirrhosis
 Lyme Disease
 Muscular Dystrophy (myotonic Type 1)
 NASH / NAFLD
 Obesity
 Pancreatitis
 Parasites
 Parkinson's Disease
 Prostatitis (chronic)
 Restless Leg Syndrome
 Rheumatoid Arthritis
 Rosacea
 Scleroderma
 Ulcerative Colitis

SIBO is associated with many conditions, as an underlying cause or as an aftereffect of a pre-existing disease.



Important: You cannot reach our campus from southbound SW Naito Parkway. For detailed directions and bus route information, please visit our website at ncnm.edu.



SIBO
 CENTER FOR DIGESTIVE HEALTH
 NCNM CLINIC

3025 SW Corbett Avenue
 Portland, OR 97201
 503.552.1931
sibocenter.com



503.552.1931 • sibocenter.com

Small Intestine Bacterial Overgrowth (SIBO)

SIBO
 CENTER FOR DIGESTIVE HEALTH
 NCNM CLINIC

What is SIBO?

Small Intestine Bacterial Overgrowth is chronic overgrowth of bacteria in the small intestine. These bacteria normally live in the gastrointestinal tract, but not in such abundance.

The bacteria interfere with normal digestion and absorption of food, and are associated with damage to the lining or membrane of the small intestine.

SIBO symptoms

- Bloating
- Belching
- Cramps
- Constipation
- Diarrhea
- Heartburn (reflux or GERD)
- Flatulence
- Abdominal pain
- Nausea
- Food sensitivities
- Headaches
- Joint pain
- Fatigue
- Skin rashes
- Respiratory symptoms (such as asthma)
- Mood symptoms (such as depression)
- Brain symptoms (such as autism)
- Eczema
- Steatorrhea (fatty stools)
- Iron deficiency anemia
- Vitamin B12 deficiency



How is the test done?

Breath testing measures the hydrogen and methane gas produced by bacteria in the small intestine that has diffused into the blood, then lungs, and expired. These are gases produced by bacteria, not by humans. The gas is graphed over three hours and compared to a research-derived baseline measurement. Patients drink a solution of lactulose after a one- or two-day preparatory diet. The diet removes much of the food that would feed the bacteria, allowing for a clear reaction to the sugar drink.

Is the test accurate?

Sampling the contents of the small intestine is challenging. Endoscopy only reaches into the top portion, and colonoscopy only reaches the last portion. The middle portion (about 17 feet) is not accessible, other than by surgery. Stool testing predominantly reflects the large intestine. False positives are rare and caused by improper preparation or collection. False negatives are avoided by measuring methane in addition to hydrogen.

How do I get tested for SIBO?

Ordering process

If you are a patient interested in doing the SIBO test—bring this brochure to your provider. A provider will determine if SIBO testing is appropriate for a patient. We must have an order from a provider to give patients a test kit.

If you are a provider interested in offering the test to your patients—please visit the SIBO Center website at sibocenter.com/ordering-a-sibo-test/ and email your request using the online form.

The kit will be shipped directly to the patient for home collection once the SIBO Center receives the order from the provider and payment information from the patient. Patients may also schedule an appointment to have the test administered at the NCMN Clinic.

For more information visit sibocenter.com or call 503.552.1931.