

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

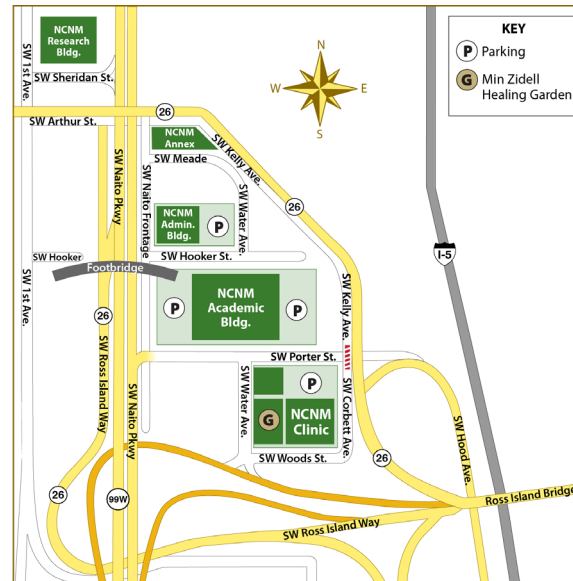
SIBO is associated with many conditions, as an underlying cause or as an aftereffect of a pre-existing disease.

SIBO Lab Hours

Monday – Thursday 8 a.m. to 4 p.m.
Friday – Sunday Closed

Contact Information:

SIBO Center Coordinator: 503.552.1980



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



SIBO
CENTER FOR DIGESTIVE HEALTH
NCNM CLINIC

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Small Intestine Bacterial Overgrowth (SIBO)

SIBO
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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

Bring this brochure to your provider.

Your provider will determine if SIBO testing is appropriate for you. If you need help finding a provider, please call the NCMN Clinic for a consultation with one of our staff providers.

We must have an order from your provider to give you a test kit.

Your provider can place the order by calling 503.552.1980 for more information.

Once we receive the order from your provider, the kit will be shipped to you for home collection, or you can schedule an appointment to have the test administered at the NCMN Clinic.

How much does the test cost?

Option 1: \$155 for home collection.

Option 2: \$180 to do the procedure in the NCMN Clinic.