

## Sample Schedule

*The following schedule is an example only. You may adjust to days/times convenient for you.*

### Monday

- 9:00 a.m. Begin following prep diet
- 9:00 p.m. Begin overnight fast. Water is acceptable during fast. Discontinue laxatives and all other non-essential medications.

### Tuesday

- 8:00 a.m. Wake up, and brush teeth as you would normally. Do not eat or drink anything other than water. Do not smoke, sleep or exercise until test is complete.
- 9:00 a.m. Begin test by collecting baseline sample #1
- 9:05 a.m. Consume solution provided in kit
- 9:25 a.m. Collect sample #2 (SIBO test only)
- 9:45 a.m. Collect sample #3 (SIBO test only)
- 10:05 a.m. Collect sample #4 (SIBO, Lactose and Fructose test)
- 10:25 a.m. Collect sample #5 (SIBO test only)
- 10:45 a.m. Collect sample #6 (SIBO test only)
- 11:05 a.m. Collect sample #7 (SIBO, Lactose and Fructose test)
- 11:25 a.m. Collect sample #8 (SIBO test only)
- 11:45 a.m. Collect sample #9 (SIBO test only)
- 12:05 p.m. Collect final sample #10 (SIBO, Lactose and Fructose test)

Once you have completed the test, please return the kit to the NCNM Clinic Lab promptly for analysis. Samples are good for two weeks after collection.



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## Sample Diet and Schedule for Hydrogen/Methane Breath Test



## Breath Test Preparation Diet

### What you can eat

- Any meat, fish/seafood, poultry
- Clear meat broth (no bouillon, bone/cartilage broth or vegetable broth)
- Eggs
- Any fats or oils (e.g., coconut/olive/vegetable oil, butter, lard)
- Lactose-free dairy
  - Homemade 24-hour yogurt (not store bought "lactose free")
  - Hard-aged cheese
  - Dry curd cottage cheese
  - Lactaid milk or other 100% lactose-free milk
- Plain, steamed white rice (Only if you are already eating grains. **DO NOT** eat rice if you are on a grain-free diet.)
- Salt and pepper
- Weak black coffee/tea (plain, no sweeteners or cream)

### Foods to avoid

- Any plant based foods: all vegetables, all fruits, all nuts and seeds (including nut milks), all beans, all grains (except white rice, but only if your diet normally includes grains)
- All condiments, spices and herbs (except salt and pepper)

### Why is the prep diet so important?

*The SIBO test is a measurement of gases produced by bacteria in response to a sugary drink. Plant-based foods and lactose-containing foods can allow bacteria to make gases as well. You need to avoid those items to get a clear reaction to the sugary drink, and ensure the accuracy and reliability of your results.*

## Example Meals



### Breakfast

Eggs: hard-boiled, scrambled with cheese, or fried in butter or oil

Homemade all-meat patty

Homemade 24-hour yogurt or dry curd cottage cheese

Cup of meat broth (chicken, beef or lamb)

### Lunch

Piece of chicken baked or sautéed in oil with salt and pepper

White rice (if you are already eating grains)

Slice of hard-aged cheese

### Dinner

Steak cooked in oil with salt and pepper

Eggs over easy cooked in coconut oil or butter

White rice (if you are already eating grains)

### Snacks

Meat broth

Hard-boiled egg with salt and pepper

Slice of hard-aged cheese