

Preparation Guidelines for the SIBO Breath Test

Strict compliance to the preparatory diet & guidelines is required to ensure the most accurate and reliable results.

2 WEEKS BEFORE YOUR TEST

- Finish taking any antibiotics or antifungals (except those who are re-testing following SIBO treatment). Those who are re-testing following SIBO treatment should follow their provider's advice on the recommended time to retest.
- Do not undergo colonoscopy, barium enemas, or colonics during this time.

4 DAYS BEFORE YOUR TEST

- Avoid all laxatives. This includes (high dose) vitamin C and magnesium that is being taken specifically to induce a laxative effect.

24 HOURS BEFORE YOUR TEST - BEGIN PREP DIET (please note that some providers increase the length of the prep diet)

- Avoid all non-essential medications and supplements including pro-biotics during the prep diet. If you have questions about what may be 'non-essential' vs. 'essential' **consult with your provider.**
- Avoid all high-fiber and lactose-containing 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 white rice), all condiments, and all spices and herbs (except salt and pepper).
- The following list of foods are the **ONLY** acceptable foods for the preparatory diet - **if it is not on this list, DO NOT eat it:**
 - Any meat, fish/seafood, poultry
 - Plain, steamed white rice (if you are on a grain free diet, please do not consume rice)
 - Eggs
 - Clear meat broth (no bouillon, bone/cartilage, or vegetable broth)
 - Fats/oils (e.g., coconut/olive/vegetable oil, butter, or lard)
 - Salt and pepper
 - Weak black coffee and/or weak black tea (plain, no sweeteners or cream, **NO** Green tea or herbal teas)
 - Plain water, i.e. no mineral water
- For example meals on the preparatory diet, please visit our website: www.sibocenter.com/faqs

12 HOURS BEFORE YOUR TEST

- Begin fasting (diabetic and pregnant patients should consult with their provider prior to fasting to ensure this diet is recommended). Avoid all food and drinks (except plain water).

THE DAY OF YOUR TEST

- Wake up at least 1 hour prior to beginning collection. You may brush your teeth as normal. No smoking or vigorous exercise for at least one hour prior to collection. It is ok to drink plain water.
- For a sample schedule of the test, please visit our website: www.sibocenter.com/faqs

ADMINISTERING YOUR TEST

- Read the instructions provided in the kit. Please **visit our website for a step-by-step video** and answers to Frequently Asked Questions: www.sibocenter.com/faqs
- Please note that the grey sheath covering the needle is a safety feature – **DO NOT REMOVE.**
- Please note that it is ok to drink plain water during the test.

SHIPPING

- Ship your completed kit back to the NCNM SIBO lab. Please be sure the kit arrives within 2 weeks of completing test.
- Kits may be mailed by USPS, FedEx or UPS. If your kit did not include a postage-paid return label, please ship to the address below:

NCNM SIBO Lab
3025 SW Corbett Avenue, Portland, OR 97201
503.552.1931 P / 503.444.6709 F
SIBOlab@ncnm.edu