SIBO
CENTER FOR DIGESTIVE HEALTH

QNS Reports

At times, a report may come back with samples that are marked QNS (Quantity Not Sufficient). The Quintron BreathTracker analyzes the SIBO tubes and uses the Carbon Dioxide of the samples in order to give appropriate readings for the Hydrogen (H2) and Methane (CH4) levels present. If the CO2 is too low, the sample is invalid and no H2 or CH4 results are produced. The tubes are vacuum sealed and when the rubber stopper is punctured, they will draw in the first air available, so it is important that the sample is truly *air from the lungs*.

If a test has a QNS sample, but is otherwise positive, the results are sent normally. If a test has a QNS sample, but is otherwise negative, the SIBO lab will send a notice to the provider that the results may be a false negative and recollection is warranted to obtain accurate results. Only in the situation of a possible false negative can the patient do a retest for the $65 material cost.

These are the most common sampling errors and their corrections:

- **Putting the tube on the needle before breathing into the collection device.**
  (This is the most common sampling error leading to QNS samples)
  Reason: Room air has contaminated the sample.
  Correct collection method: Make sure you are breathing out before you puncture the tube with the collection device needle. Once you put the tube on mid-exhalation, hold the tube in place for two seconds and then remove it before your breath is complete.
- **Taking a very big inhalation before the sample.**
  Reason: Room air has contaminated the sample.
  Correct collection method: Make sure to take a normal breath in, as you would in normal breathing.
- **Putting the tube on the needle at the beginning of the exhalation instead of mid-exhalation.**
  Reason: If you put the tube on early, the air in the tube will be air from your trachea, but we want to wait until mid-exhalation to capture the air from your lungs.
  Correct collection method: Put the tube on mid-exhalation, hold the tube in place for two seconds, and then remove it before your breath is complete.
- **Puncturing the tube more than once.**
  Reason: This may cause the sample to leak out of the tube before it can be analyzed.
  Correct collection method: Only puncture the tube once. If a tube is mistakenly punctured twice, please still submit the tube for analysis as the sample may still be valid.

We hope you find this information useful. Thank you.
SIBO Center

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