

A Few Things to Expect

You **must** fast for 12 hours prior to the test. *(Diabetic patients should consult with their provider prior to fasting to ensure this test is safe for them.)*

The test takes three hours to complete.

Plan on doing the test on a morning that you can dedicate four hours to testing.

Do not insert your finger into the tube sampler—there is a sharp needle.

Some patients may experience SIBO-related symptoms after drinking the test solution. These symptoms may last for up to 24 hours.

Samples are good for two weeks after collection.

Do not refrigerate or freeze your samples.

Please return the completed kit to the following address:

NCNM Clinic Lab
3025 SW Corbett Avenue
Portland, OR 97201
Phone: 503.552.1980

Frequently Asked Questions

Can I take medications, supplements, vitamins or herbs?

Non-essential medications, supplements or herbs should be discontinued one day prior to collection (during the prep diet). Questions regarding prescribed medications, and whether or not to take them, should be directed to your provider.

How do I get my results?

Results are sent to the provider who ordered the test for you. Follow up with them to get your results.

Is the test accurate and reliable?

Unfortunately, there is no perfect test. The small intestine is a tricky place to get to and endoscopy only reaches into the top portion, and colonoscopy only reaches into the end portion. The middle portion (substantial at about 17 feet!) is not accessible, other than by surgery or pill-cam.

Stool testing predominantly reflects the large intestine. False positives are rare and are usually caused by improper preparation or collection. Almost all false negatives are avoided by measuring methane in addition to hydrogen, and by not performing the test within two weeks of atypical diarrhea (e.g., from laxative use).



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Hydrogen/Methane Breath Testing

Take-Home Kit Instructions for:

- SIBO Test
- Fructose Malabsorption Test
- Lactose Malabsorption Test

For a step-by-step video and FAQs, visit: sibocenter.com/faqs



HOW TO PREPARE FOR YOUR TEST

Please read these instructions thoroughly before beginning your collection. Strict compliance to preparatory diet 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 treatment). Do not undergo colonoscopy or barium enemas during this time (regular home enemas like Fleet are ok).

7 DAYS BEFORE YOUR TEST

Unless otherwise directed by your provider, please avoid Proton Pump Inhibitors (PPIs). This includes brand names such as Prilosec, Prevacid and Nexium; and generics such as Omeprazole, Lansoprazole, Dexlansoprazole, Esomeprazole, Pantoprazole and Rabeprazole.

4 DAYS BEFORE YOUR TEST

Avoid all laxatives including vitamin C and magnesium.

1-2 DAYS BEFORE YOUR TEST

You must refrain from all high-fiber and lactose-containing foods. These foods can ferment in your gut, and can potentially cause erroneous results. If you have constipation, please refrain for a full two days. The following list of food options are acceptable for the preparatory diet.

- Any meat, fish/seafood, poultry
- Lactose-free dairy (e.g., homemade 24-hour yogurt, hard-aged cheese, dry curd cottage cheese, Lactaid)
- 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, lard)
- Salt and pepper
- Weak black coffee/tea (plain, no sweeteners or cream)

If you are unsure if something will affect the test, **DO NOT CONSUME** the product and/or consult with your provider.

12 HOURS BEFORE YOUR TEST

Begin fasting. Avoid all food, drinks (except water) and non-essential medication. You should also avoid laxative use from now until the test is complete.

THE DAY OF YOUR TEST

Wake up at least one 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.

COLLECTION PROCEDURE

Lay out your kit contents. You should have received: glass vials, labels, a packet of substrate, an "EasySampler" collection device, bubble-wrap sleeves, and a worksheet to record collection times.

If you weigh less than 100 pounds, please roll down the blue collection bag to the correct weight and staple.

Do not consume any solution yet. Wait until after you have collected the baseline #1 sample.

Note that steps 1-4 are performed during one single continuous breath for each tube collected.

1. Take a normal breath in, **not a deep breath**. (This is vital to ensure that your breath is not contaminated with room air!) Close your mouth around the mouthpiece and exhale normally.
2. Continue to blow into the mouthpiece to inflate the bag fully. (Note that there are two small holes in the blue collection bag. They will vent the initial part of your breath and allow for a deep lung collection. Please do not obstruct these holes.) **Keep blowing**.
3. While still continuing to exhale, insert the test tube into the needle-holder completely so that the rubber stopper is punctured. **Keep blowing**.
4. After 1-2 seconds, pull the tube out of the needle-holder and set it aside. Do not stop exhaling until after the tube is removed from the holder. Note, you will not see or hear your breath inside of the tube. The tubes have a

vacuum that will suck in the exact amount needed for analysis in 1-2 seconds. Do not puncture the tube twice.

5. **Immediately** after collecting the baseline #1 sample, you need to consume the substrate solution for the test. **Do not follow dosage instructions printed on the packet**. Instead, mix entire packet of substrate with 8 ounces of water. You must finish the solution within 3-5 minutes. (If you weigh less than 50 pounds, please consult with laboratory personnel for proper dosage instructions.)

After drinking the solution you may resume quiet activity, but do not eat, smoke, sleep or exercise vigorously for the duration of the test. Drinking water is allowed in moderation.

SIBO testers only:

After drinking solution, collect another breath sample every 20 minutes for the next three hours, using all ten tubes provided.

Fructose or lactose malabsorption testers only:

After drinking solution, collect another breath sample every hour for the next three hours, using all four tubes provided.

All testers:

Please record the date and time each tube is collected on both the tube labels and the worksheet. You should also record any symptoms you experience during the test.

When finished, put the tubes into the protective bubble wrap sleeve(s). Place the protected tubes, the EasySampler, and any paperwork into the box and return to the NCMN Clinic Lab promptly for analysis.

After the lab receives your kit, results will be sent directly to your provider within two weeks.