

# SIBO Breath test

AD001 | AD002

**Read all instructions carefully before beginning.**

## Important information

- + Recent antibiotic treatment or diarrhoea may affect the results of the breath tests. Please consult with your practitioner about these conditions prior to performing the test.
- + If you suffer from IBS, the lactulose solution can cause the stomach to be more irritable.
- + If you weigh less than 23.68kg you will need to consult your physician to discuss a suitable dosage of the solution prior to completing this test.

## Patient preparation

### Procedures, medications, and supplements:

Invivo do not recommend any changes to prescribed or regular medications / supplements without seeking advice from a suitably qualified medical professional. However, some medications / supplements are known to have an impact on the test results. Please consider the following:

#### Two weeks prior to testing:

- + Stop taking antibiotics if non-prescription.
- + Wait a minimum of 2 weeks after a colonoscopy or Barium studies before undertaking the SIBO breath test.

#### One week prior to testing:

- + Stop taking herbal antimicrobials if non-prescription.

#### One day prior to testing:

- + Stop taking laxatives if non-prescription.
- + Stop taking digestive aids such as enzymes or hydrochloric acid if non-prescription.
- + Stop taking anti-acids/acid blocking medication if non-prescription.
- + Stop taking probiotics if non-prescription.

## Kit contents

- + 1 test requisition form
- + 1 EasySampler
- + 10 vacuum-sealed glass test tubes
- + 10 labels for test tubes
- + 10 grams of test solution (lactulose / glucose)
- + 1 addressed mailing bag
- + 2 bubble bags

**Controlled preparation diet:**

The SIBO test requires the client to undertake a controlled diet 24 hours prior to completing the test. It is broken down into 2 stages; 12 hours of controlled diet followed by 12 hours fasting. If you suffer from constipation, start the preparation diet 48 hours prior to testing, which will consist of 36 hours of controlled diet followed by 12 hours of fasting.

Only the following foods can be consumed during the controlled preparation diet period:

- + Salt
- + Pepper
- + Baked or grilled chicken
- + Baked or grilled Fish
- + Baked or grilled Turkey
- + Plain Tofu
- + White bread
- + Plain steamed Basmati rice
- + Plain steamed Jasmine rice
- + Plain white potatoes (skinless)
- + Eggs
- + Beef broth
- + Bone broth
- + Black tea
- + Black coffee

The foods listed are options, you do not need to consume all of them. Please **do not** consume any of the food types if you have a **known allergy or intolerance**.

**Timeline:****Stage 1: Controlled preparation diet**

Option A) If constipated: 36 hours of the controlled preparation diet.

Option B) If you are not constipated: 12 hours of the controlled preparation diet.

**Stage 2: Fasting**

12 hours fasting – consume water only (normally performed overnight).

- + DO NOT brush your teeth the morning of your test, toothpaste will affect the results.

**Stage 3: Testing**

From 1 hour prior to taking the test until the completion of the test:

- + DO NOT smoke. This includes second hand smoke and vaping.
- + DO NOT sleep.
- + DO NOT undertake vigorous exercise.
- + Drink water ONLY, and in moderation.

Please refer to sample collection.

**For further information:**

Please watch the following video: <https://www.aerodiagnostics.com/patients.html>

Please adhere to the following:

- + Do not re-pierce the test tubes.
- + Send the test kit using the applicable directions included in these instructions.

## Sample Collection

### Test kit preparation

Pre-fill in 10 labels before starting the test with your full name. Label one as 'baseline' and the remainder as '1 to 9'

Do not stick them to the test tubes.

### Breath collection instructions

Read the instructions through carefully before drinking the solution.

**Hazard:** caution, a needle is present in this test kit, please take care when handling the EasySampler.

### Phase 1:

1. Hold the EasySampler in one hand and the test tube in the other.
2. Take a normal breath in (DO NOT breathe deeply), close your mouth around the mouth piece of the easy sampler and exhale into the bag.
3. Continue to blow into the mouthpiece to keep the bag inflated. While exhaling, push the test tube, rubber bung end first, into the tube holder. Inside the tube holder is a needle covered by grey safety rubber. DO NOT remove the safety rubber.
4. Keep exhaling. Ensure the rubber bung on the test tube is pierced by the needle and hold the test tube in place for 1 – 2 seconds to allow the breath to be collected.
5. Keep exhaling. Pull the test tube out of the EasySampler's tube holder. It is vital to keep the bag inflated until the test tube has been removed from the EasySampler's tube holder.
6. Stop exhaling.
7. Keep this tube separate from the empty test tubes, this is your baseline sample.  
Write the following information onto the baseline sample label:
  - + Collection time
  - + Collection dateStick the label lengthwise along your completed test tube.
8. Place the baseline sample into the bubble bag provided. DO NOT seal the bubble bag.

### Phase 2:

#### Lactulose:

1. Drink the solution (lactulose) within 3-5 minutes. If you weigh 11kg or more, mix the entire packet contents with 250ml of water.

#### Glucose:

1. Drink the solution (glucose) within 3-5 minutes. If you weigh 75kg or more mix the entire packet contents with 250ml of water. If you weigh less than 75kg, mix 1 tablespoon of glucose solution into 250ml water for every 10.5kg of your total weight. Round to the nearest tablespoon.
2. Wait 20 minutes.

## Phase 3:

1. Collection 1: repeat steps 1 – 6 listed in phase 1.
2. As soon as the sample is collected, write the following information onto the applicable sample label:
  - + Collection time
  - + Collection date
3. Stick the label lengthwise along your completed sample test tube at time the sample is completed.
4. Wait 20 minutes.
5. Repeat phase 3 for the remaining test tubes.

## Phase 4:

1. Place the 10 completed and labelled test tubes into the two bubble bags provided.  
Five tubes will fit into one bag.
2. Seal the bubble bags shut.
3. In block capitals write the following information on the test requisition form:
  - + Your full name
  - + Your date of birth
  - + Date of sample collection
4. Place the two bubble bags and the completed test requisition form, into the test kit box.
5. Place the EasySampler back into the test kit box.
6. Place the test kit box inside the unpaid addressed mailing bag and seal.
7. Ship the sample within 24 hours of collection.