

SIBO TEST PREPARATION INSTRUCTIONS

To aid proper sample collection, please watch the step-by-step videos under the RESOURCES menu at www.sibodiagnostics.com prior to beginning this test.

14 DAYS PRIOR TO TESTING

- Finish taking any oral antibiotics, oral herbal antimicrobials, or oral herbal antifungals.
- Do not undergo a colonoscopy, barium enemas, or colonics during this time due to effects on motility.

7 DAYS PRIOR TO TESTING

- Stop all oral probiotics supplements.

4 DAYS PRIOR TO TESTING

- Stop all pharmaceutical/natural laxatives, including high dose vitamin C or magnesium, **if causing diarrhea**. If laxative use is not causing diarrhea, it may be continued until **48 hours before testing**. Do not use laxatives the day before testing.

THE DAY PRIOR TO TESTING (PREPARATION DIET)

- Stop all **non-essential medications** (consult with your physician to determine 'non-essential' from 'essential').
- Follow the preparation diet for the entire day prior to your testing day.
- The following list of foods are the ONLY acceptable foods for the Prep Diet:
 - Meat, fish, seafood, poultry, eggs (**NO** deli or cured meats)
 - White rice (jasmine/basmati)
 - Fats and oils (coconut/olive/vegetable oil, butter, lard)
 - Salt and pepper (**NO** other spices, herbs, or seasonings)
 - Weak black coffee or weak black tea (**NO** sweeteners/cream, **NO** green/herbal teas)

12 HOURS PRIOR TO TESTING (FASTING REQUIRED)

- Avoid all food and drink (except water) for 12 hours prior to testing. Example: if testing at 8am, your fast must begin at 8pm the night before. Do not resume eating until testing is completed.
- Diabetic patients should consult with their physician prior to fasting to ensure this test is safe for them.

TESTING DAY

- Wake up at least 1 hour prior to beginning collection. You may brush your teeth as normal.
- No smoking or exercise the morning of testing.
- If you use a proton pump inhibitor (PPI) medication, please do not take until after testing is completed.

DURING THE TEST

- Follow the exact instructions as outlined here and use the video tutorials as a helpful visual aid.
- The test should take **3 hours/180 minutes to complete, with breath samples collected every 20 minutes**.
- Mix the provided lactulose solution in 8oz water and consume immediately after your baseline sample. After consuming, wait 20 minutes, then resume sample collection every 20 minutes until test is completed.

PLEASE NOTE: Avoid these common mistakes during sample collection

1. Ensure a tight lip seal around the mouthpiece to avoid room air contaminating the sample.
2. Take a regular breath in through nose before exhaling through mouth – a deep breath will wash out sample.
3. DO NOT exhale quickly, like blowing out a candle. A regular exhalation should take 2-4 seconds. Bag should stay inflated until after the glass vial is removed from the needle.
4. DO NOT puncture the tube more than once – if you do, make a note on the form and continue with testing.
5. DO NOT remove the **grey needle cover** from the collection device – it is there to stop sample contamination.
6. DO NOT cover the **hole in the breath bag** – it is there to allow airflow.
7. If you have any issues, make a clear note on the record form and keep going with your collection.

SIBO TEST – Patient Record Form

Physicians: complete **BLUE SHADED** sections on this form before giving to patients.

Patients: complete all **GREY SHADED** portions of this form and include with your completed samples.

PATIENT NAME		CLINIC NAME	
PATIENT DOB (dd/mm/yy)		PHYSICIAN NAME	
SAMPLE COLLECTION DATE (dd/mm/yy)		PHYSICIAN SIGNATURE	

Sample	Collection Interval	Time of Collection	ppm H ₂	ppm CH ₄	CO ₂ Check	Corr.	Notes (indicate any symptoms or issues here, and time occurred*)
1	Baseline						
MIX LACTULOSE IN 8oz OF WATER AND CONSUME IMMEDIATELY AFTER BASELINE. WAIT 20 MINS, THEN CONTINUE WITH SAMPLING EVERY 20 MINS, UNTIL DONE (180 MINS)							
2	20 mins						
3	40 mins						
4	60 mins						
5	80 mins						
6	100 mins						
7	120 mins						
8	140 mins						
9	160 mins						
10	180 mins						

*If vomiting occurred while testing, please indicate time/s here: _____

PATIENT CHECKLIST:

- ☐ Followed Prep Diet previous day
- ☐ Fasted 12 hours before test
- ☐ Avoided exercise/smoking morning of test
- ☐ Followed Sample Schedule (20 min intervals)
- ☐ Use box/bubble wrap provided to return samples to the lab via your chosen courier. **Include your completed Patient Record Form!**

INCLUDE THIS FORM WITH YOUR SAMPLES

Samples are viable for 14 days from your collection date.

For sanitary reasons, DO NOT return used breath collection bag

Test results are sent to the referring Physician indicated on this form within 5 business days of receipt at SIBO Diagnostics.

RETURN COMPLETED SAMPLES & THIS FORM TO:

Attn: SIBO DIAGNOSTICS

#301-1321 Blanshard St. Victoria, BC V8W 0B6

**Return shipping not included. Express shipping with tracking recommended.*