

## **Dietary Advice For the Day before a Hydrogen/Methane Breath Test for Small Intestinal Bacterial Overgrowth (SIBO), Lactose or Fructose Intolerance**

You should wait 14 days after completing a course of antibiotics or other antimicrobial treatment before undertaking breath hydrogen & methane tests. Avoid probiotics for 48 hours before the test.

### **On the day before the test:**

**Do not** eat high fibre or slowly-digesting foods. Foods to avoid include:

- Bran, oats and wheat based cereals.
- Coarse breads (wholegrain, granary and soft grain varieties)
- Dairy products (i.e. milk, cheese, ice-cream, yoghurt and butter)
- Nuts and seeds
- Beans and similar high fibre vegetables & their skins (i.e potatoes, lentils, peas, carrots, broccoli, cabbage & celery)
- Fresh & dried fruits
- Wholegrain breakfast cereals
- Starches except for boiled white rice (i.e. **DO NOT** consume, potatoes, pasta or brown rice )
- Foods & drinks containing fructose
- Alcoholic beverages

### **Foods you may consume are:**

Chicken, fish, turkey, beef, lamb, pork & ham, eggs, tofu, black/green tea (not herbal) & coffee (without milk), plain boiled white rice, tomato (not skins), lettuce (balsamic vinegar is permitted as a dressing, but no herbs or spices), breads (white, low fibre and gluten free), jelly and jam - (no artificial sweeteners).

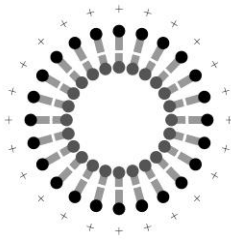
***If you are unsure, it's best to avoid the food.***

### **On the day of the test:**

Please do not eat or drink anything except water for 14 hours prior to the test, avoid exercise for at least 1 hour before the test and then for the duration of the test.

You should not smoke or inhale second-hand smoke on the day of the test.

(updated 27-06-2016)



## **Breath Hydrogen and Methane Small Intestinal Bacterial Overgrowth (SIBO) Sample Collection Instructions**

### **Before You Start the Test**

- 1 Verify the kit contents are complete (see page two).
- 2 Please read all directions and familiarise yourself with the test procedures - including the "EasySampler" instructions. The test results will be valid only if the samples are properly collected.
- 3 If you are taking, or have recently taken, prescription antibiotics or natural antibacterials then please discuss with your doctor/practitioner the optimal time to perform this test (we generally recommend that the test isn't performed within two weeks of taking a course of antibiotics). You SHOULD NOT discontinue a course of antibiotic therapy in order to conduct this test.

### **Test Summary**

Hydrogen, and sometimes methane are generated by bacterial action on sugars in the gut. Lactulose, a sugar that is not absorbed, is used in this test to see how quickly, and in what quantity, hydrogen and methane are produced in your gastrointestinal tract and subsequently exhaled in your breath.

This test requires the collection of a breath sample before you consume a lactulose drink, then further breath samples are collected at 20 minute intervals for three hours (10 samples in total)

**Notify your referring clinician if you have had any recent antibiotic treatment or diarrhoea, since these conditions can also affect the test.**

### **On the Day Before the Test**

**Do not** eat high fibre or slowly-digesting foods - see enclosed "*Dietary Advice for the Day Before a Hydrogen/Methane Breath Test*".

You should fast for at least 14 hours before you start collecting your breath samples, this means you should not eat any food and only have water to drink. You should continue this fast during the test period and therefore most people prefer to commence the test early in the morning to limit the length of their fast.

Do not sleep or exercise vigorously for at least ½ an hour before, or at any time during, the test. Do not smoke for at least 3/4-hour prior to or during the test.

### **On Completion of Sample Collection**

Please ensure that the samples are returned in the provided packing with your name, date of birth and date and time of collection clearly shown on the sample labels. Please also fully complete the enclosed request form and return with your samples, including the name and address of the doctor/practitioner to whom we should send our report.

We are unable to accept samples for processing if insufficient identification is provided.  
If you have any questions regarding this test please do not hesitate to contact us.

### Verify Kit Contents:

1. This instruction sheet
2. *"Dietary Advice for the Day Before a Hydrogen/Methane Breath Test"* sheet.
3. Biolab pathology request form
4. 15 ml lactulose (weight = 10G of lactulose) in a screw-top plastic container (dilute to 200ml with water before consumption)
5. 1 x Blue "EasySampler" mouthpiece and discard bag
6. Instruction sheet for the above "EasySampler" - see page 3 of this document
7. 10 x glass evacuated capped tubes (do not remove caps - it is normal for some of the rubber caps to be inverted whilst others may be protruding)
8. 10 x sample tube labels
9. 1 x Bubble wrap packet for return of sample bottles to Biolab
10. 1 x cardboard box for return of samples (the box this kit was supplied in)
11. Postal bag for return of specimens
12. BIOLAB return address label

Contact Biolab if any of the kit components are missing.

### Performing the Test and Collecting your Breath Samples

Please ensure that you take the FASTING sample before drinking the Lactulose solution

- Collect your first breath sample following the attached "EasySampler" instructions into the first collection tube. Label this tube as your "Fasting" sample.
- Take the lactulose solution diluted in 200mls of water.
- After drinking the lactulose solution, wait 20 minutes then collect a further breath sample and complete the sample label and attach to the tube.
- Repeat the sample collection into unused sample tubes every 20 minutes for 3 hours. Once a tube has been used it cannot be reused.

If you are late collecting a sample just collect the sample at the earliest opportunity recording the time accurately and then collect further samples on the original time-scale.

You may resume quiet activity, but do not eat, smoke, sleep or exercise vigorously during the test period.

On completion of the sample collections put the 10 sample tubes into the two bubble wrap bags, place in the box provided along with all completed paperwork and return to the laboratory for analysis.

**Breath samples should be returned to Biolab as quickly as possible but must be received within 14 days of sample collection.**

# USE OF THE EASYSAMPLER®

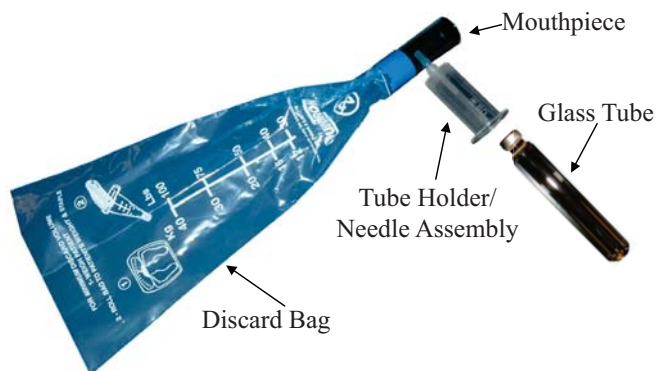
## HOW TO COLLECT SAMPLES

THE TEST RESULTS CAN ONLY BE USEFUL IF THE SAMPLES ARE PROPERLY COLLECTED!

Please read the directions completely BEFORE collecting a sample! If you do not completely understand all aspects of sample collection, please talk to your doctor/nurse for further instructions.



**Do not insert your finger into the tube holder of the EasySampler at any time; it contains a sharp needle.**



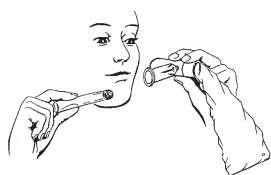
### GETTING READY

1. The EasySampler device\* is pre-assembled and protected in a sealed plastic bag. Carefully remove the collection device from the bag.

Number the glass tube labels. Write your name and the date on each of the labels.

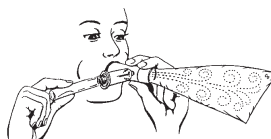
On label #1, write the time you are starting the test and place the label on one of the glass tubes.

### TAKING A SAMPLE



2. Hold the EasySampler in one hand and the glass tube #1 in the other hand.

**DO NOT attempt to loosen or remove the tops of the glass tubes; this may destroy them and make the tubes useless for this test**



3. Place test tube #1 halfway into the needle assembly, cap first.  
**DO NOT PUSH THE TEST TUBE ONTO THE NEEDLE IN THE HOLDER YET!**  
Take a normal breath, close your mouth around the mouthpiece and exhale normally.



4. As you exhale, the discard bag will be filled with air which will vent through the small opening at the end of the bag. Continue to exhale into the mouthpiece to keep the bag inflated and press the glass tube to the end of the tube holder so that the stopper is punctured by the needle in the tube holder.



5. **Keep the bag inflated until after the test tube is removed from the tube holder.**  
After 1-2 seconds, pull the glass tube out of the tube assembly and set it aside.
6. Repeat steps 1-5 with the remaining glass tubes as many times and at the time intervals as requested.

\*US Patent No. 5467776

# QUINTRON

[www.BreathTests.com](http://www.BreathTests.com)

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