



Prep for SIBO Lactulose Breath Test

Guidelines are required to ensure the most accurate results.

These guidelines are adapted from various hospital organizations and studies. SIBO Testing Center did not exclusively develop these preparations or protocols for hydrogen/methane breath tests; medical professionals have ultimate authority as to how they choose to prepare their patient for the breath test in accordance with their own interpretation guidelines

4 WEEKS BEFORE YOUR TEST

- **Stop** taking any antibiotics or antifungals (except those who are re-testing following Elemental Diet)
- **DO NOT** undergo colonoscopy, colonics or barium enemas during this time
- **DO NOT** perform within 2 weeks of atypical diarrhea. If you have questions, please consult with provider

7 DAYS BEFORE YOUR TEST

- **Avoid** all Proton Pump Inhibitors (PPIs) such as Omeprazole, Protonix, Nexium and Prilosec
- **Avoid** all laxatives. This includes (high dose) vitamin C and magnesium that is being taken specifically to induce a laxative effect

24-48 HOURS BEFORE YOUR TEST

- **Avoid** all non-essential medications and supplements including probiotics. If you have questions about what may be non-essential vs essential, consult with your provider
- The following list of foods are the **ALLOWED** foods for the preparatory diet:
 - Any meat, fish/seafood, poultry, beef, pork or eggs (no deli meat)
 - Plain tofu
 - Plain, steamed white rice or plain white bread
 - Boiled or mashed potatoes, carrots, or turnips (no skins)
 - Clear meat broth (no bullion, bone/cartilage broth, or vegetable broth)
 - Olive Oil, salt& pepper (minimal seasonings)
 - Plain black coffee and/or black tea (no sweeteners or cream)
 - Plain water, no mineral waters

12 HOURS BEFORE YOUR TEST

- Begin an over-night, water only fast but OK to take nightly medications

MORNING OF TEST

- Wake up at least 1 hour prior to beginning the collection. You may brush your teeth as normal
- Only water to be consumed during the test
- No smoking/vaping or vigorous exercise for at least 1 hour prior or during collection

Administering Test

- It's okay to drink flat water during and before performing breath test
- Read the instructions provided in the kit, label tubes and collect samples every 20 minutes.
- **Common Errors:** Too large of an inhale/exhale, tubes are not fully punctured, stop blowing too soon
- Visit sibotestingcenter.com for answers to frequently asked question and instructional videos
- Please contact your ordering physician for any additional information

Use Mailing label or drop off:
2115 NE Halsey Street
Portland, OR 97232
Lockbox code: 000
503-234-2037

Patient Record: return with your test vials, **discard EasySampler after collection**

Name: _____

Date Collected: _____

DOB: _____

Date Sent: _____

Physician: _____

Date Analyzed: _____

Sample	Time Collected	H2 ppm	CH4 ppm	CO2 %	Correction
Baseline					
***** Consume	Lactulose	Solution	Wait 20min	Then *****	
1) 20 min					
2) 40 min					
3) 60 min					
4) 80 min					
5) 100 min					
6) 120 min					
7) 140 min					
8) 160 min					
9) 180 min					

Symptoms experienced during test:

Time:

Patient Prep Guidelines: _____

Followed SIBO Prep Diet	Yes	No
Fasted 12 Hours Prior to Test	Yes	No
Followed Timed Schedule	Yes	No
Abstained From Exercise	Yes	No

Please be aware that self-collection errors do occur. Most common errors are taking too large of an inhale, blowing too forcefully during collection, tubes not fully punctured by collection device or stopping blowing while collecting samples. SIBO Testing Center does not take responsibility for any self-collection errors that may occur.

Use Mailing label or drop off:
 2115 NE Halsey Street
 Portland, OR 97232
 Lockbox code: 000
 503-234-2037