

Gut Review Case Assignments

CASE 1, STEP 2:

Below are the follow-up test results after your first phase of treatment. After this initial phase of treatment, the patient reports improvement in constipation and bloating but still has feelings of discomfort after meals, dry skin, and fatigue. She now has a daily bowel movement, as well.

Follow-up small intestinal bacterial overgrowth (SIBO) breath test, three months later:

CO₂ QC Check Pass

Gases	Expected	Observed	Normal/Abnormal
H ₂ [†]	<33.62 ppm	24.68	Normal
CH ₄	<10.00 ppm	1.48	Normal
H ₂ S	<5.00 ppm	1.18	Normal

Methodology

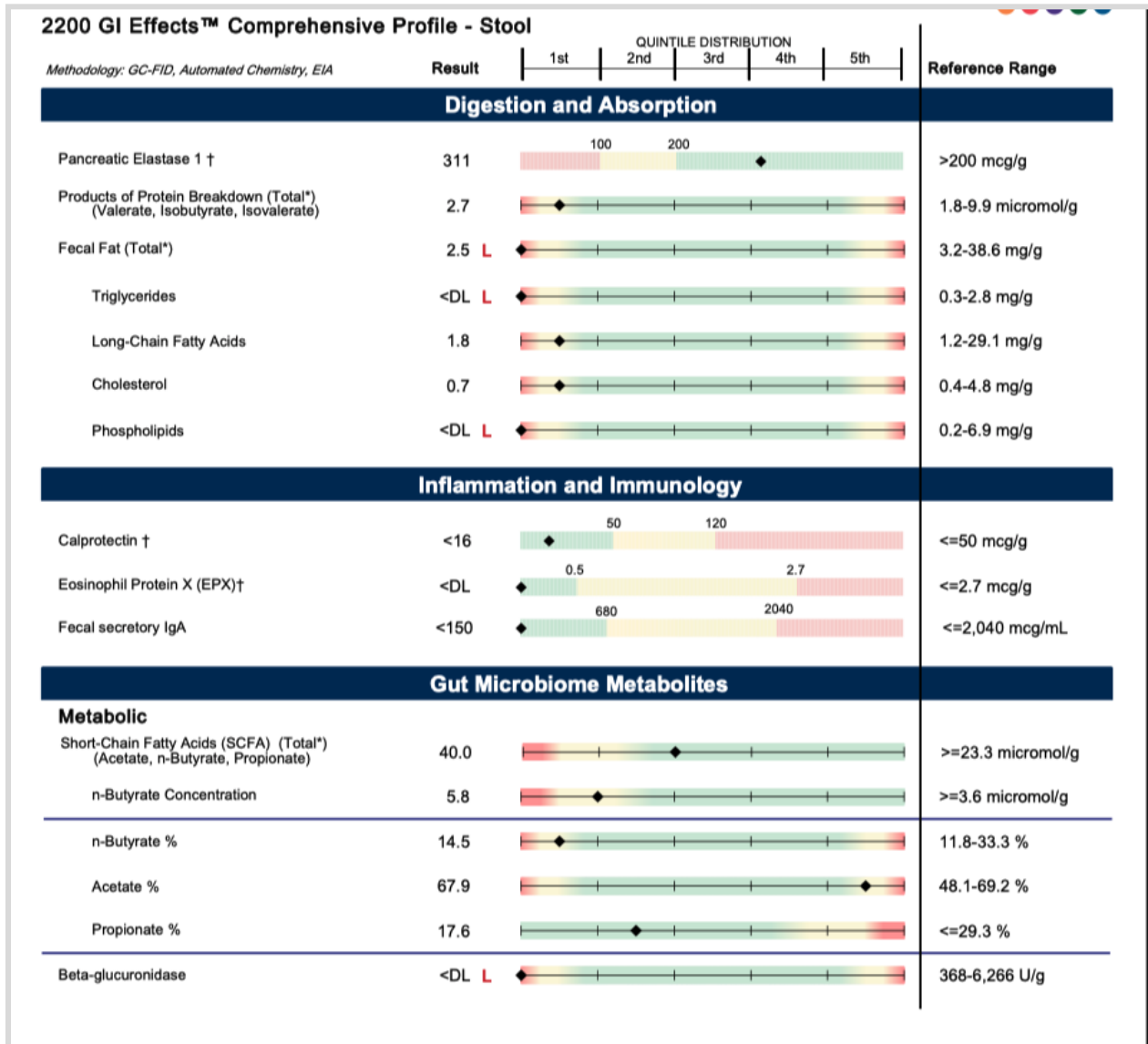
The trio-smart breath test is performed by measuring levels of H₂, CH₄, and H₂S in the breath of patients collected every 15 minutes after lactulose or glucose consumption. trio-smart follows the recommendations of the North American Consensus for Breath Testing.

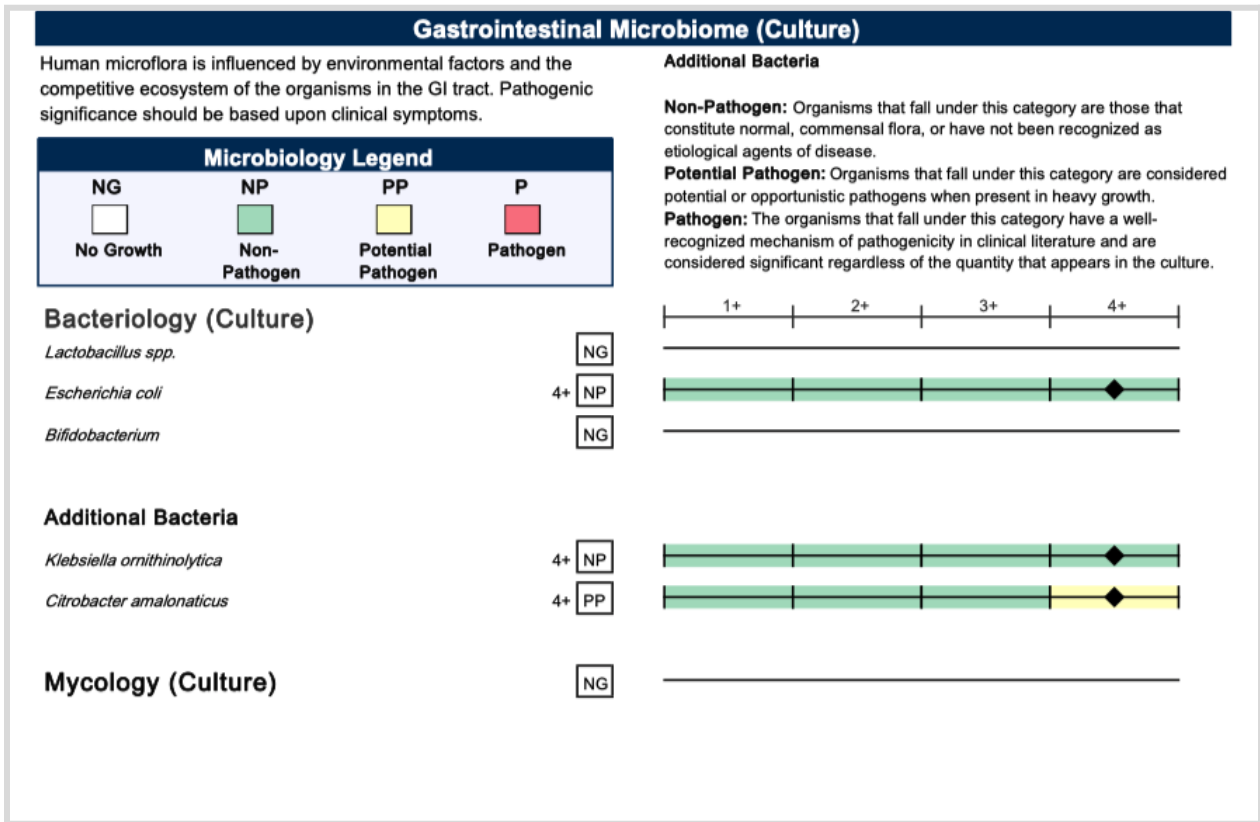
H₂: The "Expected" threshold of H₂ is calculated by adding 20.00 ppm to the baseline (first viable sample). A rise in H₂ levels of ≥20.00 ppm within 90 minutes is supportive of SIBO. trio-smart reports the "Observed" peak within 95 minutes to account for variability in the sample collection process.

CH₄: The "Expected" threshold for CH₄ is always 10.00 ppm. The North American Consensus defines abnormal levels of CH₄ as ≥10.00 ppm at any point during the breath test. Elevated levels are associated with constipation.

H₂S: The "Expected" threshold for H₂S is always 5.00 ppm. Levels of H₂S ≥5.00 ppm at any point during the breath test are considered excess and are associated with diarrhea. Healthy subjects have shown levels of ≤2.00 ppm. Further research is being done to understand the impact of H₂S levels between 2.00 ppm and 5.00 ppm.

Follow-up GI Effects stool test, four months later





Test	Current Result and Flag	Units	Reference Interval
▶ H. pylori Stool Ag, EIA ⁰¹	Positive Abnormal		Negative

The next step is to write out what your next phase of treatment will be based on the above information. See Case 1, Step 2 Answers for an example phase 2 treatment plan, and then move on to Case 1, Step 3 for the next set of follow-up lab results.