

Genova Diagnostics Small Intestinal Bacterial Overgrowth Test

What is the purpose of this test?

To evaluate for small intestinal bacterial overgrowth (SIBO) by detecting both hydrogen and methane gas.

What type of test is this?

Breath test.

How do I get this test?

You will receive the kit in the mail 5 to 7 business days after it is ordered. Inside the box, you will find the following:

- Instructions for sample collection and how to return it to the lab
- A requisition form (tucked into the flap cover)
- The lab contact information should you have any test-specific questions

Where do I find and how do I fill out the requisition order for this test?

Your test kit will come with a requisition form for you to complete and send back to the lab with your kit.

Please complete the following on this form:

- Since this kit is mailed directly to you, please complete the following on the “Physician - Fill Out This Side” part of the form.
 - Place a check in the box to select your clinician’s name on the top left side of the form.
 - On the Physician Signature line, please write “signature on file.”

- In the Billing Options section, place a check in the box next to “Bill Practitioner Account.”
- Do not add any information in the Potential ICD-10 Codes and Conditions section.
- Fill in the times that you collected your samples.
- Put a checkmark next to the “Small Intestinal Bacterial Overgrowth (SIBO) - 3hr #2337” test in the red box, located on the top right side of this form. Do not mark any other tests.
- Please complete the following on the “Patient - Fill Out This Side” part of the form:
 - Fill in your information in the Patient Information box.
 - Do not add any insurance information in the Insurance Information section.
 - Do not add any payment information in the Payment section.
 - Print your name, date, and sign the Patient/Responsible Party Acknowledgment.

How do I prepare in terms of diet, supplements, and medications?

NOTE: For people who are lactose intolerant, the lactulose sometimes (but not always) causes gastrointestinal discomfort like gas, bloating, etc. We advise against doing the test if you have a true lactose allergy, but if you're willing to put up with discomfort, it is possible to do the test with lactose intolerance. You might try taking some digestive enzymes with lactase in them after the test is complete. If you prefer not to take the test, please let us know so we can order an alternative test for you.

TWO WEEKS BEFORE YOUR TEST

- Do not perform the test within 2 weeks of atypical diarrhea.
- Finish taking any antibiotics or antifungals, bismuth subsalicylate, or herbal/natural antimicrobial products. For those who are retesting following SIBO treatment, please consult with your practitioner about specific retest timing after your treatment.
- Do not undergo colonoscopy or barium enemas during this time.

FOUR DAYS BEFORE YOUR TEST

- Avoid all laxatives, including high-dose vitamin C and magnesium.

ONE DAY (24 HOURS) BEFORE YOUR TEST

- Stop taking prebiotics and probiotics (unless otherwise instructed by your practitioner).
- Avoid all high-fiber and lactose-containing foods: all vegetables, all fruits, all nuts and seeds (including nut milks), all beans, all grains (except white rice, but only if your diet

normally includes grains), all condiments, and all spices and herbs (except salt and pepper).

- The following list of foods contains the **only** acceptable foods for the preparatory diet. If a food is **not** on this list, **do not** eat it:
 - Any meat, fish/seafood, and poultry
 - Plain, steamed jasmine white rice (if you are on a grain-free diet, please do not consume rice)
 - Eggs
 - Clear meat broth (no bouillon, bone/cartilage, or vegetable broth)
 - Fats/oils (for example, coconut/olive/vegetable oil, butter, or lard)
 - Salt and pepper
 - Weak black coffee or weak black tea (plain, no sweeteners or cream), **no** green tea or herbal teas
- The evening before your test, eat a light dinner before your 12-hour fasting window starts.
- Stop taking all non-essential medications.

12 HOURS BEFORE YOUR TEST

- Begin fasting, avoiding all food and drinks (except water).

THE DAY OF YOUR TEST

- Wake up at least 1 hour before beginning collection.
- Do not chew gum, eat breath mints or candy, use toothpaste, or nap.
- Do not smoke or do vigorous exercise for at least 1 hour before collection.

Is the timing of this test important?

Do not do this test while you have an acute infectious illness.

Keep in mind that the test takes 2 to 3 hours to perform.

The return label included will overnight your samples to Genova Diagnostics. Please ship your samples Monday through Friday because the lab is closed on Sundays.

Please keep in mind that if you do not complete your test shortly after you receive your kit, you may need a new kit. Please check the expiration date printed on the vials or the box of your kit. If your kit has expired, please contact us to order you a new one.

Was payment included in my invoice?

Yes, the test was included in your invoice, so please do not add any additional payment information on the requisition or go to the listed website to make a payment.

When will I see the results?

Results are generally sent to us within 1 to 3 weeks after the lab receives the kit back from you. Your practitioner will review the results and then notify you when to follow up.

Where can I read more about this test?

- <https://www.gdx.net/product/bacterial-overgrowth-of-the-small-intestine-sibo-test>
- <https://www.gdx.net/core/domestic-kit-instructions/SIBO-sci.pdf>
- <https://www.gdx.net/tests/prep/sibo>