

NUNM Small Intestinal Bacterial Overgrowth Breath 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 SIBO Patient Record form for you to complete
- The lab contact information should you have any test-specific questions

New York state residents: Due to lab and state regulations, we are unable to ship this kit to an address in the state of New York, and you may **not** list a New York return address on the requisition form or your return shipping label. Please ensure you are shipping the completed kit from outside the state of New York. We cannot be held responsible for rejected samples should you complete and return the kits from inside the state of New York.

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

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

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

- 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
- For example meals on the preparatory diet, please visit <http://sibocenter.com/faq/>.
- 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. You may brush your teeth as normal.
- Do not smoke or do vigorous exercise for at least 1 hour before collection.
- For a sample schedule of the test, please visit <http://sibocenter.com/faq/>.

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 3 hours to perform.

For best results, the lab should receive your sample(s) within 48 hours of shipping it. This means you should ship on Monday, Tuesday, or Wednesday morning (latest) in order to ensure delivery by Friday since the lab does not receive or process samples on the weekend.

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 2 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://sibocenter.com/sibo-testing/>
- Instructional video: <https://sibocenter.com/faq/>