

## Hydrogen (SIBO) Breath Test

Date \_\_\_\_\_ Time \_\_\_\_\_

**\*This test may take up to 3 hours.\***

### Preparation for the Test

**Two (2) Weeks** prior to the test, do not have any of the following:

- Antibiotics
- Colonoscopy
- Fluoroscopy exam (such as upper GI, barium swallow, small bowel follow through)

**One (1) Week** prior to the test, do not take:

- Laxatives or stool softeners (Colace, milk of magnesia, ex-lax™)
- Stool bulking agents (Metamucil or Citrucel)
- Prebiotics & probiotics (including probiotics in yogurt)

**Please Note:** Vitamins and medications that contain fructose flavoring, lactose fillers, fiber supplements, or Imodium could compromise the test.

**24 Hours** prior to the test, **CONSUME ONLY THE FOLLOWING FOODS AND DRINK:**

- Plain white rice, baked or broiled chicken, turkey or fish, eggs, clear chicken or beef broth, water, non-flavored black coffee or tea. Only salt and pepper may be used to flavor your food. No butter, cooking oil or sprays.
- Acid blocking medications **CANNOT BE TAKEN FOR 1 DAY PRIOR TO YOUR TEST** including Omeprazole/Prilosec, Prevacid/Lansoprazole, Dexilant, Nexium/Esomeprazole, Protonix/Pantoprazole or Aciphex/Rabeprazole.

**12 Hours** prior to the test, begin fasting:

- Do not eat anything until after the test is complete (plain water is ok).
- No breath mints or chewing gum.
- If you are a diabetic requiring insulin or diabetic pills, ask your primary care provider if you should adjust your morning dose.

### Day of Test

- Take no medications, supplements or vitamins.

**2 Hours** prior to the test:

- Brush your teeth (no toothpaste).
- Do not use mouthwash or denture adhesive.

**1 Hour** prior to the test:

- No exercise or sleeping.
- No smoking or exposure to second hand smoke.

## Hydrogen (SIBO) Breath Test

### Purpose of the Test

- The test is used for detecting abnormal bacteria growth within the small bowel.
- Bacterial overgrowth can cause a variety of symptoms including diarrhea, bloating, gas and abdominal cramps.

### Breath Test Procedure

- Follow the instructions provided in the test kit to complete testing.
- You will be given a solution of Lactulose or Glucose to drink; you must drink the whole amount.
- Breath samples will be collected every 15-30 minutes.
- The procedure may take up to 3 hours.
- During the test, do not eat or drink (this includes hard candy, breath mints and chewing gum).
- During the test, you cannot smoke, sleep or exercise.

### After the Test

- You will be able to resume your regular diet, fluids and regular medication.
- Return kit to the nearest clinic location or the lab in Federal Way as soon as possible.
- You will receive the results of your test on our portal at [www.washgi.com](http://www.washgi.com). If you are not using the portal, you will receive test results by letter, phone or a follow up office visit.