

Breath Hydrogen and Methane Small Intestinal Bacterial Overgrowth (SIBO) Sample Collection Instructions

Before You Start the Test

- 1 Verify the kit contents are complete (see page two).
- 2 Please read all directions and familiarise yourself with the test procedures including the "EasySampler" instructions. The test results will be valid only if the samples are properly collected.
- 3 If you are taking, or have recently taken, prescription antibiotics or natural antibacterials then please discuss with your doctor/practitioner the optimal time to perform this test (we generally recommend that the test isn't performed within two weeks of taking a course of antibiotics). You SHOULD NOT discontinue a course of antibiotic therapy in order to conduct this test.
- 4 This test must not be performed on the same day as any of our other breath tests (e.g. lactose or fructose intolerance tests).

Test Summary

Hydrogen, and sometimes methane are generated by bacterial action on sugars in the gut. Lactulose, a sugar that is not absorbed, is used in this test to see how quickly, and in what quantity, hydrogen and methane are produced in your gastrointestinal tract and subsequently exhaled in your breath.

This test requires the collection of a breath sample before you consume a lactulose drink, then further breath samples are collected at 20 minute intervals for three hours (10 samples in total)

Notify your referring clinician if you have had any recent antibiotic treatment or diarrhoea, since these conditions can also affect the test.

On the Day Before the Test

<u>Do not</u> eat high fibre or slowly-digesting foods - see enclosed "*Dietary Advice for the Day Before a Hydrogen/Methane Breath Test*".

You should fast for at least 14 hours before you start collecting your breath samples, this means you should not eat any food and only and have water to drink. You should continue this fast during the test period and therefore most people prefer to commence the test early in the morning to limit the length of their fast.

Do not sleep or exercise vigorously for at least $\frac{1}{2}$ an hour before, or at any time during, the test. Do not smoke for at least $\frac{3}{4}$ -hour prior to or during the test.

On Completion of Sample Collection

Please ensure that the samples are returned in the provided packing with your name, date of birth and date and time of collection clearly shown on the sample labels. Please also fully complete the enclosed request form and return with your samples, including the name and address of the doctor/practitioner to whom we should send our report.

We are unable to accept samples for processing if insufficient identification is provided. If you have any questions regarding this test please do not hesitate to contact us.

Verify Kit Contents:

- 1. This instruction sheet
- 2. "Dietary Advice for the Day Before a Hydrogen/Methane Breath Test" sheet.
- **3.** Biolab pathology request form
- 4. 15 ml lactulose (weight = 10G of lactulose) in a screw-top plastic container (dilute to 200ml with water before consumption)
- 5. 1 x Blue "EasySampler" mouthpiece and discard bag
- **6.** Instruction sheet for the above "EasySampler" see page 3 of this document
- 7. 10 x glass evacuated capped tubes (<u>do not</u> remove caps it is normal for some of the rubber caps to be inverted whilst others may be protruding)
- **8.** 10 x sample tube labels
- 9. 1 x Bubble wrap packet for return of sample bottles to Biolab
- **10.** 1 x cardboard box for return of samples (the box this kit was supplied in)
- **11.** Postal bag for return of specimens
- 12. BIOLAB return address label

Contact Biolab if any of the kit components are missing.

Performing the Test and Collecting your Breath Samples

Please ensure that you take the FASTING sample before drinking the Lactulose solution

- Collect your first breath sample following the attached "EasySampler" instructions into the first collection tube (do not remove the cap from the glass tubes at any point as this will invalidate your sample). Label this tube as your "Fasting" sample.
- Take the lactulose solution diluted in 200mls of water.
- After drinking the lactulose solution, wait 20 minutes then collect a further breath sample and complete the sample label and attach to the tube.
- Repeat the sample collection into unused sample tubes every 20 minutes for 3 hours. Once a tube has been used it cannot be reused.

If you are late collecting a sample just collect the sample at the earliest opportunity recording the time accurately and then collect further samples on the original time-scale.

You may resume quiet activity, but do not eat, smoke, sleep or exercise vigorously during the test period.

On completion of the sample collections put the 10 sample tubes into the bubble wrap bag, place in the box provided along with all completed paperwork and return to the laboratory for analysis. Breath samples in these tubes are <u>not</u> classified as pathology samples and can be described as "Glass tubes" if the package content is required by the return postal service or courier.

Breath samples should be returned to Biolab as quickly as possible but must be received within 14 days of sample collection.