

## RETURNING YOUR SAMPLES



To reduce the risk of the collection tubes breaking during return shipment, please package them carefully. Paper towels, used packing material, newspaper, etc., may be added to reduce movement of the collection tubes while in transit.

- Place 5 sample tubes into each of the supplied plastic bubble wrap bags, and seal the lip of the bags snugly over the tubes to prevent movement, and possible breakage, during shipping.
- Place the signed forms and these testing instructions between the 2 plastic bags containing the sample tubes to prevent breakage during shipping.
- Close the lid of the box that the kit arrived in, and affix the return shipping label in such a way that it seals the box.
- Return shipping is prepaid. Simply place the kit in your mailbox, any US Postal Service mail receptacle or return it through your local post office.



### SIBO TEST KIT INSTRUCTIONS

## DO NOT DISCARD THIS TEST KIT

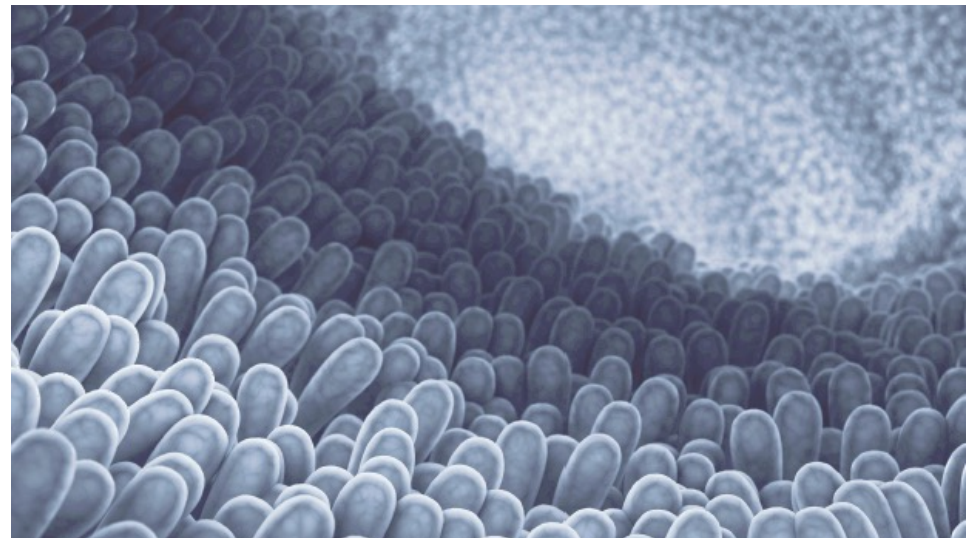


If you are unable to perform this test, please use the pre-paid return shipping label to return the kit to our laboratory.



(425) 395-7544  
sibotest@cascadeim.com

[CenterforSIBOTesting.com](http://CenterforSIBOTesting.com)



To avoid an invalid test, please watch our step-by-step instructional video at least 24 hours before you plan to begin your test.

Video available at [CenterforSIBOTesting.com](http://CenterforSIBOTesting.com)

## TEST PREPARATION



**Consult with your physician before discontinuing any medications or supplements.**

### 2-4 WEEKS PRIOR TO THE TEST

- Wait 4 weeks from time of colonoscopy, enema, or last antibiotic dose.
- 2-4 weeks prior to the test, discontinue antifungal and antimicrobial medications or supplements, and discontinue Pepto-Bismol™.

### 1 WEEK PRIOR TO THE TEST

- Discontinue probiotics, including probiotic foods.
- Discontinue stool bulking agents, fiber supplementation, laxatives, and prokinetic/promotility medications.
- Discontinue antacids and supplements containing magnesium or aluminum.

### 2 DAYS PRIOR TO THE TEST

- Begin restrictive diet (see below) at lunchtime two days before testing **if experiencing slow transit or constipation.**

### 1 DAY PRIOR TO THE TEST

- Begin restrictive diet at lunchtime (this should be at least 18 hours before your test begins). Any of the foods listed below may be consumed while on the restrictive diet.
  - Protein: chicken, fish, turkey, eggs (baked or boiled only)
  - Carbohydrates: white rice or white bread
  - Seasoning: salt, pepper, oil
  - Drink only water

### 1 HOUR PRIOR TO THE TEST

- No smoking or vigorous exercise one hour prior to, or during, the test.

## IMPORTANT CONSIDERATIONS



- This test uses lactulose, which is made of lactose and galactose. This test is not recommended for those who are allergic to lactulose or are on lactose- or galactose-restricted diets.
- Brush your teeth and tongue well and rinse thoroughly with water before your test.
- Ensure that your breath is collected precisely at 20 minute intervals as the accuracy of the test depends on this.
- **DO NOT** attempt to disassemble the breath collector or remove the rubber sheath from the needle inside.
- **DO NOT** eat or drink anything during the test.
- Each breath collection involves a single, 4-second exhalation where the collection tube is inserted after the initial 2 seconds. **DO NOT** insert the collection tube too soon as this may invalidate your sample.

## PERFORMING THE BREATH TEST

The collection of ten breath samples will be performed as follows:

Breath Sample	Collection time
1 (baseline)	Just before drinking
2	20 min after drinking
3	40 min after drinking
4	60 min after drinking
5	80 min after drinking
6	100 min after drinking
7	120 min after drinking
8	140 min after drinking
9	160 min after drinking
10	180 min after drinking

- 1 Before you begin, complete all labels with patient's name and date of collection.
- 2 Mix the lactulose solution in 4-8 ounces of water and set it aside. Do not drink it until after you have collected your first sample (your baseline sample).
- 3 Hold the EasySampler breath collector in one hand and a collection tube in the other.
- 4 Breathe normally. Do not take a deep breath as this may invalidate your sample. Place the breath collector to your mouth and begin a 4-second exhalation. As you begin to exhale, the bag will inflate, capturing the gases from your lungs inside. Note that the bag has a small hole near the mouthpiece, which is intentional and allows air from your lungs to continuously pass into the bag.
- 5 After the initial 2 seconds, and while continuing to exhale, push the collection tube firmly into the breath collector to pierce the septum of the collection tube, and hold it in place for the final two seconds, which completes the 4-second exhalation.
- 6 Remove the collection tube, and record the collection time on the collection tube label. When finished, place the collection tube inside one of the plastic bubblewrap bags. You have now completed your baseline sample.
- 7 Drink the entire lactulose solution at once, and set a timer for 20 minutes.
- 8 Repeat the breath collection procedure outlined above for each breath sample until all 10 samples have been collected.



**For patients weighing 100 pounds or less,** fold and staple the bag attached to the breath collector according to the instructions written on the bag itself. Stapling the bag will not damage the breath collector or affect the test results.