

**SMALL INTESTINAL BACTERIAL OVERGROWTH/INTESTINAL
METHANOGEN OVERGROWTH (SIBO/IMO) REPORT**

Center for SIBO Testing
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CLIA #50D2133510

SUBSTRATE: LACTULOSE

Patient Name: Andrew Jones
Street Address: 832 W Natural Beauty Blvd
City, State, Zip: Seattle, WA 98122
Gender: Male
Date of Birth: 3/23/01
Age: 24
Patient Phone: (555) 555-5555
Patient Email: abc@123.com
Diagnosis Code(s): K59.00

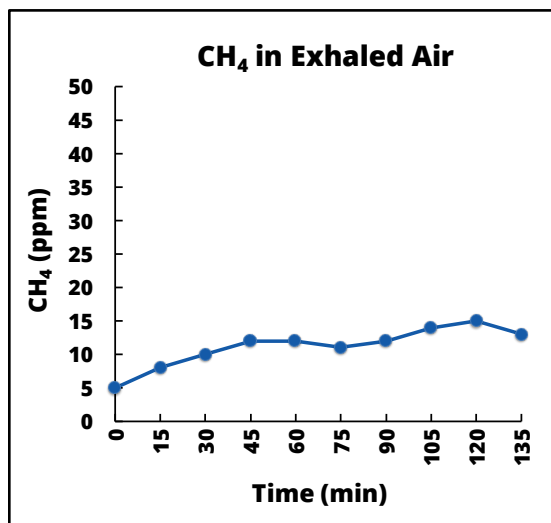
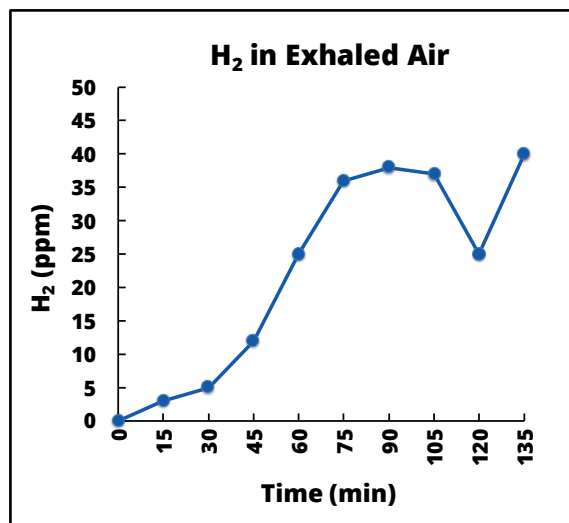
Ordering Provider: Gail Rosenthal, MD
Facility: Pacific NW Functional Medicine
Street Address: 111 Wayward Blvd, Ste 100
City, State, Zip: Spokane, WA 99201

Physician Phone: (206) 555-5555
Physician Fax: (208) 555-5555

Date Ordered: 8/1/25
Date Sample Collected: 8/8/25
Date Samples Received: 8/10/25
Date Reported: 8/10/25
Accession Number: 2213465

RESULTS SUMMARY		
Exhaled Gas	Patient Result	Positive Criteria
Hydrogen (H ₂)	36	≥20* (SIBO)
Methane (CH ₄)	15	≥10** (IMO)
TEST RESULT: THE PRESENCE OF SIBO IS SUPPORTED THE PRESENCE OF IMO IS SUPPORTED		

RESULTS TABLE					
Sample	Time	H ₂	CH ₄	CO ₂	Sample Valid?
1	0	0	5	2.5	Yes
2	15	3	8	2.6	Yes
3	30	5	10	2.0	Yes
4	45	12	12	2.1	Yes
5	60	25	12	3.2	Yes
6	75	36	11	2.8	Yes
7	90	38	12	2.3	Yes
8	105	37	14	3.0	Yes
9	120	25	15	2.5	Yes
10	135	40	13	2.7	Yes



Comments
None

Methodology and Analysis

Our testing protocol aligns strictly with the North American consensus guidelines for hydrogen and methane-based breath testing. Lactulose oral syrup (10g/15mL) is mixed to homogeneity in 4-8 ounces of water. A baseline breath sample is collected prior to the patient drinking the lactulose solution (t=0 min; baseline sample). Then, the patient consumes the substrate, and nine serial breath samples are collected at 15 min intervals (t=15-135 min) thereafter. All breath samples are analyzed by gas chromatography to quantify the abundance, in parts per million (ppm), of hydrogen (H₂), methane (CH₄), and carbon dioxide (CO₂). H₂ and CH₄ values are first normalized to the abundance of CO₂ to allow direct comparison between samples.

The average orocecal transit time in healthy adults is approximately 90 min. *A breath test is considered positive for small intestinal bacterial overgrowth (SIBO) when a rise H₂ ≥20 ppm is observed above baseline within the first 90 min. CH₄ is produced by methanogens, which are archaea, not bacteria, and CH₄ does not always follow the same, time-dependent rise following substrate consumption, presumably due to active methanogenesis in the gut that may continue despite diet preparation. **Therefore, a CH₄ value ≥10 ppm at any point during the assay is considered a positive test for the presence of intestinal methanogen overgrowth (IMO).

Other Considerations

Because CO₂ levels are used to normalize and quantify H₂ and CH₄, and because CO₂ in a patient's breath is in relative abundance compared to atmospheric CO₂, if the CO₂ level in a breath sample is too low (<1.4%), then H₂ and CH₄ cannot be quantified accurately. A breath sample with a CO₂ value <1.4% is therefore invalid (INV) and will be excluded from the analysis.

Disclaimer

These standards are guidelines only and must be supplemented with clinical information. As the provider, you are responsible for being aware of clinical factors that may affect the interpretation of the test results and also for ensuring that your interpretation of the test results correlates with the symptomatic observations of the patient in order to make a final diagnosis.