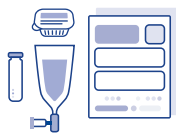


INSTRUCTIONS

STEP 1:

PRE-TEST



1. To ensure accurate test results you must provide all information on the requisition form and kit components.
2. Write the patient's first/last name and the tube number (1-6 [or 8] in order of collection) on the tube labels provided.
3. **PLEASE NOTE:** Additional tubes are to be used as spares if required, and discarded if not required.

STEP 2:

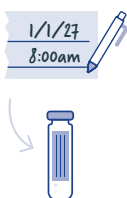
PREP



1. Stir the Lactulose solution into 250 mL of water. Dissolve completely. Set aside until after you have completed your first breath collection.
2. Brush your teeth and tongue (including the back of your tongue) **without using tooth paste or mouth wash**. Rinse your mouth with water.

STEP 3:

PLAN



1. Take the first collection tube and apply the label to the tube. Be sure to record the time and date of collection on the label and the collection time on the "SIBO Collection Schedule" (the A5 form that was provided in this kit).
2. The recommended collection times for each tube are:

• Sample 1: 8:00 AM
• Sample 2: 8:20 AM

• Sample 3: 8:40 AM
• Sample 4: 9:00 AM

• Sample 5: 9:30 AM
• Sample 6: 10:00 AM

• Sample 7: 10:30 AM
• Sample 8: 11:00 AM

STEP 4:

COLLECT



1. Pick up the mouthpiece/plastic bag in one hand and Tube 1 in your other hand.
2. Inhale and hold your breath for 5 seconds. Then, close your mouth tightly around the mouthpiece and **exhale steadily** into the plastic bag until it fills completely. **Do not blow hard**.
3. Continue to exhale normally, with the bag expanded, and press the specimen tube into the side part of the mouthpiece. The needle will puncture the tube's self-sealing membrane, allowing air to fill the tube. **Do Not inhale at any point**.
4. Remove the tube within 2 seconds after puncturing. You may stop exhaling into the mouthpiece. **Do Not unscrew the cap** on the collection tube. Place the tube in the bubble wrap bag.

STEP 5:

COLLECT



1. Immediately drink the Lactulose solution before continuing with the rest of the breath test tubes. Drink the entire amount within 5 minutes. **Do Not drink water for 1 hour after you drink the solution.** Record the time you drink the solution here: _____
2. Repeat steps 3-4 for each breath collection tube, using the remaining tubes and labels 2-6, in order and according to the Collection Schedule. Record times on Collection Schedule found inside the collection kit.

STOP HERE IF USING THE 2 HOUR COLLECTION. You will have collected 6 tubes in total. Discard the remaining 4 tubes.
CONTINUE TO REPEAT STEPS 3-4 FOR EACH TUBE IF USING THE 3 HOUR COLLECTION (stop after 8 tubes and discard the rest).

STEP 6:

SHIP



1. Place the completed requisition form on the outside pocket of the Biohazard Bag.
2. Ensure that all tubes are labeled correctly. Place them back into the bubblewrap and into the Biohazard Bag.
3. Place the Biohazard Bag into the provided shipping envelope.
4. Note the tracking number. Then, ship your specimen to the lab.