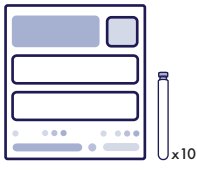


# INSTRUCTIONS

## 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:** You have been supplied with 10 tubes total. 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:

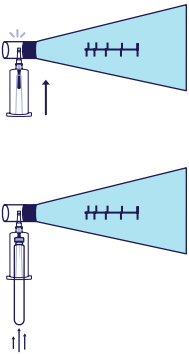
PLAN



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. Breathing normally, 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

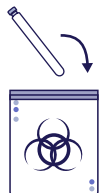


1. Immediately drink the solution provided before continuing with the rest of the breath test tubes. Drink the entire amount within 5 minutes. **Do Not drink water for 1 hour after you drink the solution.** Record the time you drink the solution here: \_\_\_\_\_
2. Repeat steps 3-4 for each breath collection 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.

## BEFORE COLLECTING S.I.B.O BREATH SAMPLE

Carefully read the instructions, including the pre-test requirements, prior to commencing the collection process. Note that fasting is required for a minimum of 12 hours.

## GETTING STARTED

Accurate test results start with a properly collected specimen. Please review and understand the specimen collection instructions thoroughly before you begin.

### Tips To Ensure A Proper Collection & Transport:

- ▶ **Lactulose solution:** This test requires you to consume a lactulose solution which contains lactose and galactose. It should be used with caution in diabetics, and those who have had previous adverse/allergic reactions.
- ▶ **Do Not open, remove, or loosen tops** of collection tubes - this will break the vacuum and make it impossible to perform your test. **Do Not stick your finger** into the mouthpiece/plastic bag - there is a sharp needle inside.
- ▶ **Collection during an acute infectious illness is not recommended.**
- ▶ This test has a **strict collection time schedule**. You need to carefully plan the morning around these timed collections. An uninterrupted 2 or 3 hours is ideal.
- ▶ **Use the SIBO Collection Schedule Table** which is provided to you within the kit to help you schedule your collection times. **Be sure you fill in the Table as the test progresses.**

### 2-4 Weeks Before the Test:

- **WAIT** at least 4 weeks from a colonoscopy or barium enema.
- **WAIT** at least 2-4 weeks from your last dose of antibiotics, antifungals, or Pepto-Bismol.

### 7 Days Before the Test:

- **AVOID** the use of laxatives, stool softeners, and/or stool bulking agents as well as antacids containing aluminum or magnesium hydroxide.

### 24 Hours Before the Test:

- **ONLY eat foods from the following list for 24 hours prior to your first collection:** Baked or broiled chicken, fish or turkey (no oil, salt and pepper only), white bread (only), plain steamed white rice, eggs, clear chicken or beef broth with no vegetable pieces, water, plain coffee, black tea (no sugar, cream, or milk).
- **Vegetarians** may have tofu with salt and pepper.
- **Do Not take probiotics.**

### 12 Hours Before the Test:

- **Fast for 12 hours prior** to your first sample collection: Do Not eat or drink anything other than water for 12 hours prior and during the test.
- **Do Not take non-essential medications or supplements** until the test is completed, unless your physician has advised you otherwise. Do Not chew gum, eat candy, or use mouthwash until the test is done.

### 1 Hour Before the Test:

- **No smoking**, including secondhand smoke, for at least 1 hour before and at any time during the breath test.
- **No sleeping or vigorous exercise** for at least 1 hour before and at any time during the breath test.
- **Do not use toothpaste.**