

S.I.B.O. Breath Test Collection Kit

KIT CONTENTS:

Check contents of kit. If items are missing OR you have any questions regarding this kit, please contact Customer Service on 1300 688 522.

- 1x Mouth piece/plastic bag
- 10 x Vacuum-sealed collection tubes
- 1 x Lactulose solution (10g/15ml)
- 1 x Specimen transport bag
- 10 x Collection labels
- 1 x Request form
- 1 x Collection instructions
- 1 x Reply Paid Post Padded
- 1 x bubble wrap bag



If you are under the care of a health care practitioner, testing should be professionally requested and interpreted. Patient self-request tests are not intended for the purpose of diagnosing illness or disease, but for monitoring of dietary and lifestyle changes.

To view a demonstration video on how to collect your sample, please visit our website www.nutripath.com.au, enter your Test Name in the "Search for a product" section and click on collection method video.

"Thank you for your request. Results will be forwarded to your referring practitioner upon completion."



info@nutripath.com.au
PO Box 442, Ashburton VIC 3147



S.I.B.O. Breath Test Collection Instructions

Version 1: April 2019

COLLECTION REQUIREMENTS

If you are uncertain of the collection procedure after reading these instructions, please contact our Customer Service on 1300 688 522 who will clearly explain the procedure.

Before proceeding, please read and follow all instructions carefully. Without taking these precautions your results may be inaccurate, or may result in a possible recollection being required.

IMPORTANT PRE-COLLECTION INFORMATION

- This test should be performed on a **Sunday to Tuesday ONLY**.
- Fasting is required for a minimum of 12 hours.
- Read carefully the pre-test requirements.
- Read carefully the instructions prior to commencing the collection process.

SIBO COLLECTION SCHEDULE

Please Record Your Collection Times in the Blank Fields			
Specimen Intervals	RECORD COLLECTION TIMES hours/min	circle one	Example
SAMPLE 1 @ 0 min	8:05	AM or PM	8:00 AM
SAMPLE 2 @ 20 min	8:25	AM or PM	8:20 AM
SAMPLE 3 @ 40 min	8:45	AM or PM	8:40 AM
SAMPLE 4 @ 60 min	9:05	AM or PM	9:00 AM
SAMPLE 5 @ 90 min	9:35	AM or PM	9:30 AM
SAMPLE 6 @ 120 min	10:05	AM or PM	10:00 AM
ONLY COLLECT/RECORD TIMES BELOW IF USING THE SIBO 3 HOUR TEST			
SAMPLE 7 @ 150 min	10:35	AM or PM	10:30 AM
SAMPLE 8 @ 180 min	11:05	AM or PM	11:00 AM

Please follow the 'EXAMPLE' collection times as closely as possible.

IMPORTANT PREP BEFORE PATIENT TAKES TEST

2 - 4 WEEKS BEFORE THE TEST:



- ❑ **Wait** at least 4 weeks from 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:



- ❑ **Foods you CAN eat before you start your 12 hour fast:** Baked or broiled chicken, fish or turkey (salt and pepper only), white bread (only), plain steamed white rice, eggs, clear chicken or beef broth with no vegetable pieces, water, plain coffee, or tea (no sugar/artificial sweeteners or cream).
- ❑ **Vegetarians** may have tofu with salt and pepper.
- ❑ **Do not take probiotics.**

Important Things To Know And Consider:

This test uses lactulose; since lactulose contains galactose and lactose, it is not recommended for individuals who have had allergic reactions to lactulose, or who are on a galactose/ lactose-restricted diet. It should be used with caution in diabetics.

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.

We do not suggest collecting during an acute infectious illness.

This collection is extremely time-sensitive. 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.**

Special Instructions for patients weighing 40kg or less: Follow the instructions on the blue bag for rolling and stapling the bag in accordance with weight. (Note: stapling will not damage the bag or affect the results).

BREATH COLLECTION

- To ensure accurate test results you must provide the requested information.** Write patient's first/last name and the tube number (1 - 6 (or 8) in order of collection) on the tube labels provided. (QUINTRON LABELS)

PLEASE NOTE: You have been supplied with 10 tubes in total - additional tubes are to be used as spares if required, and discarded if not required.

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

- Take the first collection tube and apply the label to the tube.** Be sure to **record the time and date of collection to the label** and **the collection time** on the 'SIBO Collection Schedule' (The A5 form that was provided in this kit)

Recommended collection times for each tube are:

- | | | |
|------------------|-------------------|-------------------|
| Sample 1: 8:00AM | Sample 4: 9:00AM | Sample 7: 10:30AM |
| Sample 2: 8:20AM | Sample 5: 9:30AM | Sample 8: 11:00AM |
| Sample 3: 8:40AM | Sample 6: 10:00AM | |



12 HOURS BEFORE THE TEST:



- ❑ **Fast for 12 hours prior to the test.** 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 completed.

1 HOUR BEFORE THE TEST:



- ❑ **No smoking**, including second-hand smoke, for at least 1 hour before or at any time during the breath test.
- ❑ **No sleeping** or vigorous exercise for at least 1 hour before or at any time during the breath test.
- ❑ **Do Not Use Toothpaste.**

- Pick up** the mouthpiece/plastic bag in one hand and Tube 1 in your other hand.



- Breathing normally, inhale and hold for 5 seconds.** Then close your mouth tightly around the mouthpiece and exhale normally into the plastic bag until it fills completely. **Do not blow hard.**



- 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.**

- Remove the tube** within 2 seconds of puncturing. **You may stop exhaling** into the mouthpiece. **Do not unscrew** the cap on the collection tube. **Place** the tube in the bubblewrap bag.

- 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 Lactulose solution here: _____



- Repeat** steps 3-7 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. (see image) →
The example collection Schedule is located under step 3.

Please Record Your Collection Times in the Blank Fields

Specimen Interval	RECORD COLLECTION TIMES	DATE	EVENTS
SAMPLE 1 @ 8:00 am	8:05	AM of PM	8/20/17
SAMPLE 2 @ 8:20 am	8:25	AM of PM	8:20/17
SAMPLE 3 @ 8:40 am	8:45	AM of PM	8:40/17
SAMPLE 4 @ 9:00 am	9:05	AM of PM	9:00/17
SAMPLE 5 @ 9:30 am	9:35	AM of PM	9:30/17
SAMPLE 6 @ 10:00 am	10:05	AM of PM	10:00/17

ONLY COLLECT/RECORD TIMES BELOW USING THE 2 HOURS TEST

SAMPLE 7 @ 10:30 am	10:35	AM of PM	10:30/17
SAMPLE 8 @ 11:00 am	11:05	AM of PM	11:00/17

- STOP HERE IF USING THE 2 HOUR COLLECTION!**
You will have collected 6 tubes in total. Discard the remaining 4 tubes.

- CONTINUE TO STEP 10 IF USING THE 3 HOUR COLLECTION**
Repeat steps 3-7 for each breath collection, using the remaining tubes and labels 7-8 in order and according to the collection schedule.
You will have collected 8 tubes in total. Discard the remaining 2 tubes.