


SIBO Test

Name Joanna Deare	Age 32	Date Feb 1, 2024
<i>This test is designed to diagnose Small Intestinal Bacterial Overgrowth (SIBO) by measuring the levels of hydrogen and methane in your breath after the ingestion of a glucose solution.</i>		
Pre-Test Preparation Instructions		
Dietary Restrictions The patient must avoid these foods and beverages 24 hours before the test: High-fiber foods Dairy products Sugar alcohols		
Fasting Requirement The patient must fast for this amount of time before the test; only water is allowed. 12 hours before the test		
Medication Adjustments The patient must follow these instructions regarding the pausing or continuation of medications prior to the test: Discontinue probiotics 48 hours before the test Pause any antibiotics 4 weeks before the test		
Test Procedure		
1. Baseline Breath Sample: A baseline breath sample must be collected to measure initial hydrogen and methane levels.		
Time of baseline sample	8 am	
Gas(es) being measured	Hydrogen and methane	
Baseline levels	H 2 ppm; CH4 0 ppm	
2. Glucose Ingestion: The patient must drink the provided glucose solution in the indicated volume below: 75 grams		
3. Breath Sample Collection: After drinking the solution, collect breath samples at specified intervals:		
After 30 minutes	H 12 ppm; CH4 5 ppm	
After 1 hour	H 20 ppm; CH4 10 ppm	
After 1 hour and 30 minutes	H 25 ppm; CH4 15 ppm	

After 2 hours	H 32 ppm; CH4 20 ppm
After 2 hours and 30 minutes	H 28 ppm; CH4 18 ppm
After 3 hours	H 22 ppm; CH4 15 ppm
Observations	
Significant bloating and discomfort noted 30 minutes post-glucose ingestion, worsening at the 1-hour mark, and gradually subsiding after 3 hours.	
Interpreting Results	
<ul style="list-style-type: none"> • No Increase: Suggests a lack of SIBO. • Increase in Levels: An increase is indicative of SIBO. • Decrease in Levels: A decrease in levels is unusual and should be discussed with your healthcare professional for further evaluation. <p>Correlate any symptoms noted during the test with the breath sample results for a comprehensive understanding.</p>	
Healthcare Professional's Analysis and Notes	
The significant increase in both hydrogen and methane levels, combined with the patient's reported symptoms, strongly suggests a diagnosis of SIBO. Further evaluation and treatment planning are recommended.	
Healthcare Professional's Name and Signature	Dr. Alex Smith 
Healthcare Provider	City Health Clinic