

SIBO Test

Name	Age	Date
<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:		
Fasting Requirement The patient must fast for this amount of time before the test; only water is allowed.		
Medication Adjustments The patient must follow these instructions regarding the pausing or continuation of medications prior to 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		
Gas(es) being measured		
Baseline levels		
2. Glucose Ingestion: The patient must drink the provided glucose solution in the indicated volume below:		
3. Breath Sample Collection: After drinking the solution, collect breath samples at specified intervals:		
After 30 minutes		
After 1 hour		
After 1 hour and 30 minutes		

After 2 hours	
After 2 hours and 30 minutes	
After 3 hours	
Observations	
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	
Healthcare Professional's Name and Signature	
Healthcare Provider	