

Breath Collection Guide

At-a-glance

- Label tubes in order
- Follow collection schedule closely
- Puncture each tube only once during a single exhale
- Enter details about your collection online

Consult your healthcare provider about stopping medications and supplements prior to collection.



SIBO 2-Hour #2306

SIBO 3-Hour #2337

Considerations

- Do not use if you are allergic to lactulose or on a galactose/lactose restricted diet. Diabetics should proceed with caution.
- Do not collect during acute infectious illness.
- If you weigh less than 100 pounds, follow instructions printed on the blue bag.
- Do not use for children under 25 pounds.

Preparation & Timing

Plan to collect early in the workweek and ship within 2 days of collection.

Wait 4 weeks from your last colonoscopy or barium enema.

Wait 2-4 weeks from your last dose of antibiotics, antifungals, Pepto-Bismol®, or herbal/natural antimicrobial products.

7 days before collection do not use laxatives, stool softeners, stool bulking agents, antacids containing aluminum, or magnesium hydroxide.

24 hours before collection limit diet to only: meat/poultry/fish/seafood that is not cured or brined, plain steamed white rice, eggs, clear meat broth (no bone/cartilage or vegetables), fats/oils (coconut, olive, vegetable oils, butter, or lard), salt and pepper (no other herbs/spices), weak black coffee and/or weak black tea (no sweeteners or cream, no green or herbal teas), plain water (no mineral water or water with additives)

Do not take probiotics.

12 hours before and during collection do not eat or drink anything other than water.

Do not take non-essential medications or supplements unless your doctor has advised you otherwise.

Do not chew gum, eat candy, or use mouthwash or toothpaste.

1 hour before and during collection do not smoke or inhale second-hand smoke.

Do not sleep or exercise.




Do not eat or drink anything during the collection. Water is okay after collecting Tube 5.

How to Begin

- 1. Watch the video at gdx.net/breath-collection.
- 2. Follow the **Preparation & Timing** requirements.
- 3. Choose a time to begin and fill in the chart below with the time you will collect each tube.
- 4. Follow the breath collection steps for each tube.
- 5. When you have collected all necessary tubes, enter your collection times and activate your test at gdx.net/activate.

Create a Schedule

Collecting in the morning is often easiest, but any time works as long as you stick to the schedule.

 #	When to Complete	 Time You Will Collect
Do not eat or drink anything for 1 hour before and during the collection.		
Tube 1	Start of collection	
Tube 2	Immediately after Tube 1	
	Immediately after collecting Tube 2 mix lactulose into 8 ounces of water and drink.	
Tube 3	20 minutes after the drink	
Tube 4	20 minutes after Tube 3	
Tube 5	20 minutes after Tube 4	
Drinking water is okay during the remaining time.		
Tube 6	30 minutes after Tube 5	
Tube 7	30 minutes after Tube 6	
If completing the 2-hour test, stop here.		
Tube 8	30 minutes after Tube 7	
Tube 9	30 minutes after Tube 8	

Breath Collection

Repeat steps 2 through 5 for each collection.



Watch the video!

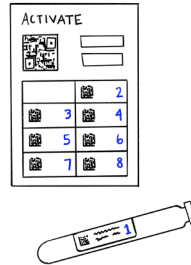
Familiarize yourself with each step before you begin. Stand in front of a mirror to help with collection.

1



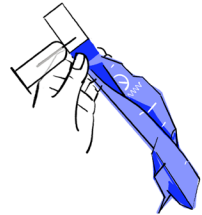
Before Tube 1, brush your teeth and tongue using only water and rinse.

2



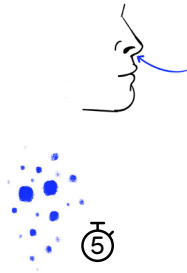
Write your details on the numbered label and apply to tubes in order.

3



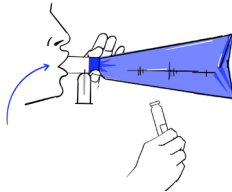
Grip the device at the blue band in your non-dominant hand.

4

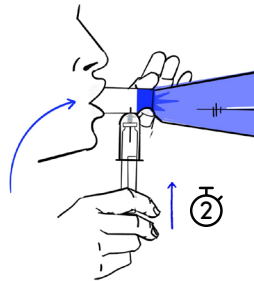


Take a normal breath and **hold for 5 seconds**.

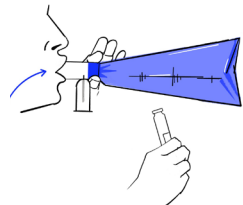
5 Complete with one continuous exhale.



Begin breathing out normally into the device, keeping the bag inflated. Extra air will escape through a small hole.



Mid-exhale, press the tube hard onto the full length of the needle. **Hold firmly in place for 2 seconds.**



After you remove the tube, stop exhaling. Place the labeled tube in the bubble wrap bag.

Reminders and Important Notes

Do not put fingers in the device opening as there is a sharp needle inside. • Do not smoke, sleep, exercise, or use toothpaste or mouthwash until all collections are complete. • Label tubes before collecting and store in the bubble wrap bag when finished. • Your breath will not be visible in the tubes. • Do not open the glass tubes.

Enter Specimen Information and Activate Test Online

1. Visit **gdx.net/activate** to provide important information about your collection.
2. Keep a copy of the activation number for your reference.



Activate Online and RETURN THIS CARD

QR Code

C442-660-980

06 / 10 / 2025

gdx.net/activate

1554-221

Tube	1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20	21

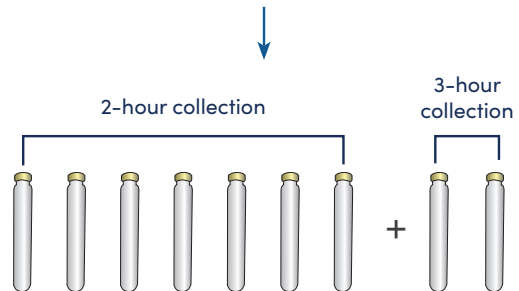
Repeat this kit activation number for your records.

C442-660-980 C442-660-980 C442-660-980

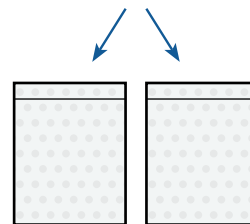
Package and Return your Collection

1. Confirm each tube has a label attached with your date of birth and the date and time of collection.
2. Seal the tubes inside the bubble wrap bags and place inside the collection box.
3. Include the label sheet with any extra labels in the box.
4. Seal the box inside the FedEx shipping bag, attach the shipping label, and drop off at an authorized FedEx location.

Learn more about return shipping at gdx.net/shipping.



If completing the 2-hour collection, discard the two unused tubes.



bubble wrap bags



Additional resources are available online. Visit **gdx.net/activate** and enter your activation number.