Patient Guide

SIBO

SIBO 2-Hour #2306
SIBO 3-Hour #2337

This test is not appropriate for children under 25 pounds.

Discuss any medications with your physician as they may impact results.

Activate This Test

Visit **gdx.net/activate** and enter the number found on the activation label card included with this collection pack.

Plan Your Collection

Use a calendar to plan your specimen collection. Ship Monday thru Friday and avoid US holidays which may cause delays.

4 Weeks Before Collection

Wait at least 4 weeks from colonoscopy or barium enema before beginning the test.

2–4 Weeks Before Collection

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

7 Days Before Collection

Avoid the use of laxatives, stool softeners, and/or stool bulking agents as well as antacids containing aluminum or magnesium hydroxide

24 Hours Before Collection

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).

Plan Your Collection

12 Hours Before 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 completed.

1 Hour Before Collection

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.

Please Note:

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 Breath Collection Schedule Table to help you schedule your collection times. Be sure you **record times** on Collection Schedule within your test activation **on gdx.net/activate**

Special Instructions for patients weighing 100 pounds 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 Schedule

Has the last sample been collected, or is it being collected soon?*

◉ Yes　○ No

Date Last Sample Collected*

| ◀ | | **June 2022** | | | | |
Su	Mo	Tu	We	Th	Fr	Sa
29	30	31	1	2	3	4
5	6	7	**8**	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	1	2

Specimen Intervals	Collection Times	
SAMPLE 1 @ 0 min*	--:-- --	🕐
SAMPLE 2 @ 20 min*	--:-- --	🕐
SAMPLE 3 @ 40 min*	--:-- --	🕐
SAMPLE 4 @ 60 min*	--:-- --	🕐
SAMPLE 5 @ 90 min*	--:-- --	🕐

Specimen Collection

1. **Review** instructions and test prep information at **gdx.net/activate**.

2. Write your **full name**, **time** and the **date of collection and number the labels in order** on the **QUINTRON** labels provided. **Attach completed labels to each tube.** Also fill out and apply the **smaller labels** from the **Online Activation card** to the tubes. Both labels will fit on the tube, but **please do not label over any writing**.

3. **Stir the Lactulose solution** into 8 ounces of water. Set aside until after you have completed your first breath collection. **Brush your teeth** and **tongue** (including the back of your tongue) **without using toothpaste** or **mouthwash**. **Rinse your mouth with water.**

4. 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.**

5. **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.**

6. **Remove the tube within 2 seconds** of puncturing. **Stop exhaling** into the mouthpiece. **Do not unscrew the cap** on the collection tube. **Place** the **tube** in the **bubblewrap bag**.

7. **Immediately drink the Lactulose solution** before continuing with the rest of the breath test. **Drink the entire amount within 5 minutes**. Do not drink water for 1 hour after you drink the solution.

8. **Repeat steps 2–5** for each breath collection, using the remaining tubes and labels **2–6, in order** and according to the collection schedule.
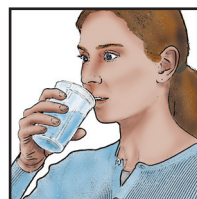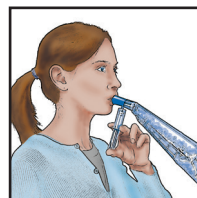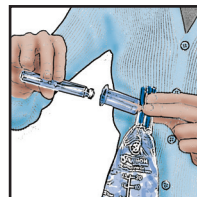
STOP HERE IF USING THE 2 HOUR COLLECTION!
Discard the remaining tubes.

9. **Repeat steps 2–5** for each breath collection, using the remaining tubes and **labels 7–8 in order** and according to the collection schedule.

Return Collection Pack

1. Confirm that each tube has **both labels attached** and they are **fully filled out and numbered in order**. Place **all tubes inside the bubble-wrap bag** inside the **collection box** (6 tubes for 2-hour collections, 8 for 3-hour collections).

2. Retain a copy of the **activation number** for future reference **using one of the three labels provided on the bottom of the activation label card.**

3. Visit **gdx.net/activate** to enter collection times in the collection table. Enter the date of your final collection and receive your **confirmation code**. Write the date of collection and your confirmation code on the **activation label card.** Place the **activation card inside** the box.

4. **Close** the **cardboard box** and place **inside the FedEx shipping bag**. Follow the shipping instructions provided.

2 Hour collection   3 Hour

bubble-wrap bag

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

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