**PATIENT BREATH COLLECTION INSTRUCTIONS**

The following test(s) can be collected using these instructions:

- **Small Intestinal Bacterial Overgrowth (SIBO)**
  - Small Intestinal Bacterial Overgrowth (SIBO) 2 hour #2306
  - Small Intestinal Bacterial Overgrowth (SIBO) 3 hour #2337

**CHECKLIST (PRIOR TO SHIPPING)**

1. **All Tubes**
   - **Label** tubes you’ve been instructed to collect by your clinician
   - **Label** tubes with patient’s first and last name, date/time of collection, and the tube number — (6 tubes for 2 hour collection – **discard** the additional tubes) or (8 tubes for the 3 hour collection)
   - All tubes placed in **Bubblewrap bags**

2. **Test Requisition Form with Payment**
   - Test Requisition Form is complete **Test is marked, patient’s first and last name, date of birth, gender, and date of collection** are recorded
   - **Collection table** on requisition has filled out with collection times

3. **Return to the Laboratory**
   - Be sure to return the specimen within the original package and place that inside the included mailing material(s)

**SHIP THE SPECIMEN(S) TO THE LAB**

Specimen(s) must be returned in the Genova Diagnostics specimen collection pack. Please refer to the shipping instruction insert found in your specimen collection pack.

**Small Intestinal Bacterial Overgrowth (SIBO)**

**GASTROINTESTINAL**

**Test may not be processed without this information.**

**Test Requisition Form**
- Please Label:
  - Patient’s first/last name
  - Date of Birth
  - Gender
  - Date of Collection

<table>
<thead>
<tr>
<th>All Tubes</th>
<th>Please Label:</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 hr.</td>
<td>Patient’s first/last name</td>
</tr>
<tr>
<td>3 hr.</td>
<td>Date/time of Collection</td>
</tr>
<tr>
<td></td>
<td>Date of Collection</td>
</tr>
</tbody>
</table>

**Very Important**

PATIENT MUST FILL IN COLLECTION TIMES ON THE TABLE LOCATED ON THE FRONT OF THE REQUISITION. PLEASE LOCATE AND HAVE DOCUMENT AVAILABLE DURING COLLECTION!

**Additional Materials**

- Labels
- 2 Bubblewrap Bags
- Test Requisition Form
- Mailing box
- 15 ml 3.3g/5ml lactulose (will need to be purchased from your local pharmacy)

**Specimen**
- Breath

**Collection Materials**

- Vacuum-sealed Tubes (6 for 2 hour collection) or (8 for 3 hour collection)*
- Measuring Tube
- Pipette
- Mouthpiece/Plastic Bag**

* The white rubber seal will often be either convex or concave. Either is okay.
** There is an intentional small hole in the plastic bag to keep from overinflating.

This test is not appropriate for children under 25 pounds.

Watch the collection video at [www.gdx.net/tests/prep](http://www.gdx.net/tests/prep)
**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 **Breath Collection Schedule Table** on the front of the Requisition to help you schedule your collection times. Be sure you fill in the Table as the test progresses.

**BREATHE COLLECTION**

1. **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. Write patient’s first/last name, date of birth, gender and date of collection on the Test Requisition Form.
   
2. **You will need to obtain** the lactulose solution to complete this sample collection. You can purchase lactulose over the counter at most pharmacies. If there are multiple options please request the 3.3g/5ml version. Your practitioner may also be able to provide this for you. You will require 15 ml of this solution (3.3g/5ml) to complete the sample collection. We have provided a measuring tube and a pipette to help you do this accurately. Stir 15 ml of the 3.3g/5ml lactulose into 240 ml 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.

3. **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 Breath Collection Table (located on the requisition).

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

5. **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.**

6. **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.**

7. **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.

8. 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.

9. **Repeat** steps 3-7 for each breath collection, using the remaining tubes and labels 2-6, in order and according to the collection schedule. **Record** times on Collection Schedule found on the Test Requisition. (see image)

10. **STOP HERE IF USING THE 2 HOUR COLLECTION!**
    - **Discard** the remaining 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.