



# Small Intestinal Bacterial Overgrowth Breath Test

## BEFORE YOU START THE TEST

Please read all directions and familiarize yourself with the test procedures.

The test results will be useful only if the samples are properly collected.

This test is intended for individuals over 25 lbs.



**Do not insert your finger into the tube holder of the EasySampler at any time; it contains a sharp needle.**



**Do not loosen or remove the tops of the vacuum-sealed collection tubes; this will destroy the vacuum and make the tubes useless for this test.**

## KIT CONTENTS

- EasySampler™ with tube holder
- Labels for the collection tubes
- 10 - Vacuum-sealed collection tubes
- 10 gram dose of Lactulose



## TIME NEEDED FOR TESTING

- This test will take 3 hours to complete.
- After collecting a baseline sample and drinking the solution, each breath sample will be collected in 20 minute intervals throughout the test period.
- Please schedule your time appropriately.

## PREPARATION FOR THE TEST

### **Review the additional enclosed *Preparation Guidelines* prior to performing this test!**

**Any recent antibiotic treatment, barium study, colonoscopy, runny diarrhea or similar conditions can affect the test; therefore, DO NOT perform this test within 14 days of any of these conditions.**

- Avoid foods listed in the *Preparation Guidelines* sheet 12 hours prior to fasting.
- No smoking, including second-hand smoke, for at least 1 hour before or at any time during the test.
- No sleeping or vigorous exercise for at least 1 hour before or at any time during the test.
- With the exception of water, do not eat/drink anything while fasting or during the test! This can cause false-positive readings or cause your test to be unreadable.
- Suggested meals prior to fasting are located in the *Preparation Guidelines* sheet.
- If you are on any medication or special diets that conflict with these test instructions, it is recommended to speak with your physician before performing this test.

### **Prepare Test Solution - DO NOT DRINK YET!!**

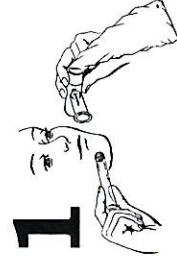
1. Mix the lactulose into 8-10 ounces of water.
2. Set drink aside, you will consume the solution after you collect your baseline sample.

Sample	Collection Time
Baseline	Before drinking
#1	20 min. after drink
#2	40 min. after drink
#3	60 min. after drink
#4	80 min. after drink
#5	100 min. after drink
#6	120 min. after drink
#7	140 min. after drink
#8	160 min. after drink
#9	180 min. after drink

**SAMPLE CHART**

## **PERFORMING THE TEST (Collection Steps)**

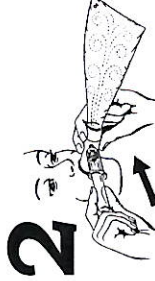
Collect your baseline sample following steps 1-4.



Hold the EasySampler device in one hand and a collection tube in the other hand.

**You will only exhale once per each sample collection.**

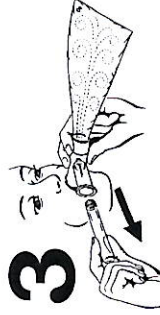
Take a normal (*not deep*) breath in; close your mouth around the mouthpiece then blow out normally.



Exhale once per each sample collection. As you exhale the bag fills with air. Keep it inflated.

*(There is a small hole in the bag, this is intentional).*

During your exhalation, insert the test tube into the needle holder completely so the stopper on the tube is punctured.



**Remove the test tube after 1-2 seconds.**

**Keep the bag inflated until after the test tube is removed from the test tube holder.**



**4**

Complete the tube label provided.

**Make certain you label the Sample # correctly or your results will be inconclusive.**

**Drink the entire test solution you prepared and then wait 20 minutes.**

Collect one breath sample every 20 minutes until all test tubes are used.

Collect all samples following the Sample Chart and Collection Steps 1-4.

Put collection test tubes in the bubble bag(s). Place the bubble bag(s), any paperwork, and the EasySampler device back in the cardboard container, and return to the laboratory for analysis immediately.

**Return the kit immediately for analysis.**

**Your breath sample is only stable for 14 days after collection.**