

Lactulose/Glucose Breath Test Patient Prep Instructions

You are about to perform a lactulose/glucose challenged breath test. This breath test will measure hydrogen and methane gases to diagnosis Small Intestinal Bacterial Overgrowth (SIBO). This test is performed after a 1-2 day prep diet and avoidance of certain medications and supplements that affect gut motility and bacterial population density. Your healthcare provider will determine the length of your prep diet.



Have Questions?

Contact your healthcare provider first. Neurovanna can assist in answering collection or shipping questions 1-651-342-0427.

Process Overview



Watch the Test Prep and Breath Collection Videos

Scan the QR code or go to <https://www.neurovanna.com/testing-instructions>
We recommend watching the videos twice— now and right before collection.



Determine Your Collection Date

See *Before Testing* section on the back. Contact your healthcare provider with questions regarding this section.



Follow the 1-2 Day Prep Diet

See *Prep Diet* section on the back. Contact your healthcare provider with questions about the length of your diet.



Don't Forget- Watch the Breath Collection Video Again

Scan the QR code or go to the url above.



Perform Test Using Quintron Collection Kit

We can assist you with collection questions. Call 1-651-342-0427.



Return Your Breath Samples & Patient Intake Form

Place completed forms and samples with packing materials in the box they arrived in. Mail back via USPS to Neurovanna. Samples must be received by the lab within 7 days of collection.



Neurovanna Analyzes Your Breath Specimens

A custom report is completed within 1-3 business days of receipt of your specimens.



Test Results are Sent to Your Healthcare Provider

Call your ordering practitioner if you have questions.

**Testing must be received by laboratory
7 days after completing the test! It is
recommended to mail out ASAP.**

Mail Specimens to (USPS postage included)

Neurovanna
105 New England Place, Suite 220
Stillwater, MN 55082

Before Testing

If you are not able to comply with these guidelines, you may not be a candidate for a breath test. Your doctor can assist you in determining if another test without these preparation limits is more suitable.

4 Weeks (28 days) Before



No antibiotics
(unless otherwise
instructed by your
healthcare provider)

2 Weeks (14 days) Before



No antifungals or
natural antimicrobials
(unless otherwise
instructed by your
healthcare provider)



Surgery, colonoscopy,
enemas, or colonics

4 Days Before



Avoid all laxatives
including probiotics,
vitamin C and
magnesium you are
taking to induce a
laxative effect

1 Hour Before & During



No smoking, including
second-hand smoke



No sleeping



No vigorous exercise

Prep Diet

Before you start the breath test, a 1-2 day (12-36 hours) restricted diet and 12-hour fasting period are required (stop eating in the early evening the day before testing and do not eat until after you test the following morning).

If you are uncertain if something will affect the test, avoid the product/food or consult your healthcare provider prior to starting the test.

Follow the diet determined by your healthcare provider.

- Constipation: Follow the SIBO preparation diet below for 2 days (36 hours plus overnight fasting).
- Diarrhea: Follow the SIBO preparation diet below for 1 day (12 hours plus overnight fasting).

The goal of the SIBO preparation diet is to starve bacteria in order to produce the best test results. SIBO bacteria love plant products and sugars, so the only foods you can have are listed below – if it is not on this list DO NOT eat it.

SIBO Preparation Diet (First 12 or 36 hours as determined by your healthcare provider)

Limit your foods to those below and nothing else:



Plain water, coffee,
tea (no sugar/
artificial sweeteners
or cream added)



Baked, broiled, slow-
cooked chicken, fish or
turkey (salt and pepper
only; no butter or oils)



Meat broth (i.e. broth
from slow-cooked meat)
(no bone/ vegetable
broth allowed)



Plain steamed
white rice



Eggs (salt and
pepper only; no
butter or oils)

Last 12 Hours, Overnight (Fasting Before the Test)



Stop eating the evening before the morning of your test (similar to a fasting blood draw).
The last 12 hours DO NOT eat or drink anything, except water.