

Did you know?

Common GI issues can indicate something sinister brewing in the intestines.

IBS, gas, nausea, constipation, diarrhea, and bloating can be the result of small intestine bacterial overgrowth (SIBO).

Left unchecked, it can lead to other issues like depression, anxiety, insomnia, joint and muscle pains.

How can you find out if you have SIBO?

A simple breath test that you collect at home can measure the gases produced by bacteria in the intestines. Your healthcare practitioner can use the results to determine if SIBO is behind your symptoms.



Before you test- what you need to know

1 Plan your collection date
(Note if you need to allow for extra time before testing.)

MY START DATE IS

- 1 day prep diet (2 days if constipated).
- 4 weeks after taking antibiotics (unless your healthcare practitioner says it is okay).
- 2 weeks after taking antifungal or having an invasive procedure (surgery, colonoscopy, enemas, or colonics), unless your healthcare practitioner says it is okay.
- 4 days (if possible) avoid bowel stimulants (laxatives, high dose vitamin C and magnesium) or products that alter gut flora (e.g. probiotics and prebiotics).
- 12-hour fast before collection.
- REMEMBER: Plan for the 3 hours it takes to complete the test.

2 Watch the collection video so you are comfortable with the collection process, which will help ensure good samples.

3 Schedule return visit for test results and plan.



AVOID

During the test, and 1 hour before, you will need to avoid:

- Smoking, including second-hand smoke
- Sleep
- Heavy exercise



PREPARATION DIET

- You may drink plain water, coffee, tea (no sugar/artificial sweeteners or cream added)
- Baked or broiled chicken, fish or turkey (Salt and pepper only. No butter or oils.)
- Plain steamed white rice
- Eggs (Salt and pepper only. No butter or oils.)
- Meat broth (e.g. liquid used to make slow-cooker chicken breast). Regular broth that may have been made from bones or vegetables is not allowed.

What is SIBO

SIBO is a chronic infection of the small intestine by bacteria that normally live in the large intestine.

The main symptoms of SIBO are the same as Irritable Bowel Syndrome (IBS). In fact, SIBO has been found in just over 80% of IBS patients¹ and may even be the actual cause of IBS². SIBO may also play a role in many other disorders as an underlying cause or as a result of a pre-existing disease.

Many people suffering from SIBO lose a lot of weight when dieting using any one of the popular diets that restrict grains, dairy, and sugars. The decrease in intake of SIBO-promoting foods often reduces the amount of bacteria in the small intestines, helping to improve weight loss.

CONDITION	SIBO PREVALENCE RATES ³
Celiac Disease	up to 67%
Connective Tissue Disease (E.G. Scleroderma)	43-55%
Crohn's Disease	25-88%
Diabetes	up to 44%
Hypothyroidism	54%
Ulcerative Colitis	81%
Chronic Fatigue Syndrome	81%
Fibromyalgia	93%
Irritable Bowel Syndrome	up to 78%
Obesity	17-41%
Rosacea	46%
Muscular Dystrophy	65%
Parkinson's Disease	54%
Abdominal Surgery	82%
Gastrectomy	63-78%

Reference: Grace E, Shaw C, Whelan K, Andreyev HJ. Review article: small intestinal bacterial overgrowth—prevalence, clinical features, current and developing diagnostic tests, and treatment. *Aliment Pharmacol Ther.* 2013 Oct;38(7):674-88.

What is the process?



Your healthcare practitioner orders collection materials to be mailed to you from Neurovanna.



You complete a 1-2 day preparation diet plus a 12 hour over-night fast (see additional guidelines right).



Mail your breath samples back to Neurovanna via USPS (postage included).



Neurovanna runs the test and sends the results to your healthcare practitioner.



Your healthcare practitioner follows up with you.

What are the Symptoms of SIBO

The graphic below identifies the portion of the small intestines most likely involved in various symptoms of SIBO as well as the corresponding breath specimens we use to detect bacterial overgrowth

Bacteria found in your intestine release hydrogen and methane gas. By using just your breath (the air you exhale) we can test and measure these gases and assist in the diagnosis of Small Intestinal Bacterial Overgrowth (SIBO).

SIBO Symptoms and the Breath Test Relationship

BREATH SPECIMEN:

LOCATION: Entire small intestines

SYMPTOMS: Restless legs, Skin symptoms (i.e., eczema, rashes, rosacea, acne), Mood symptoms (i.e., depression, anxiety), Fibromyalgia, Muscle weakness, Joint pain, Fatigue, Weight gain/loss, Malnutrition, Leaky gut symptoms, Food sensitivities, Histamine sensitivity, Headaches, Cognitive symptoms (i.e., brain fog, poor memory, focus issues), Steatorrhea (fatty stools), Anemia (Iron or B12).

1

BREATH SPECIMEN: #1+2

LOCATION: Upper small intestines

SYMPTOMS: Nausea, Belching, Vomiting, Halitosis, Heart burn, GERD, H. pylori, Delayed stomach emptying

2

BREATH SPECIMEN: #3+4

LOCATION: Middle small intestines

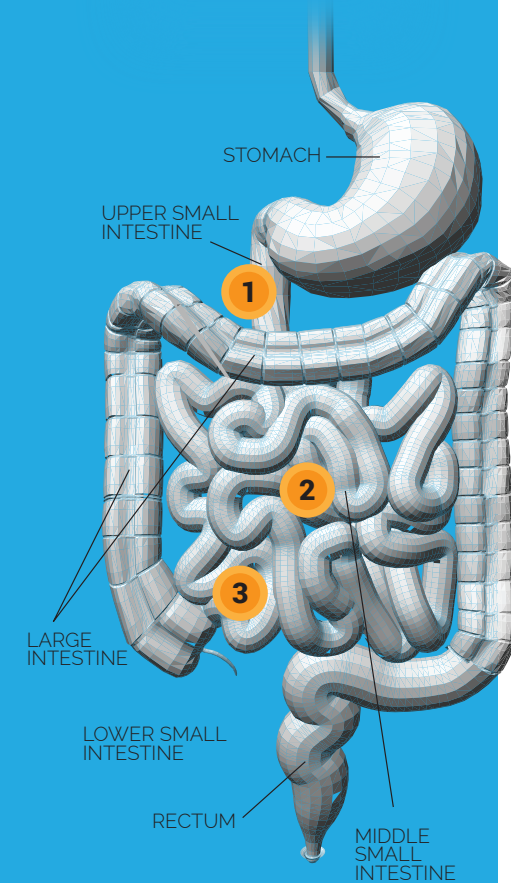
SYMPTOMS: Bloating without gas, Cramps, Abdominal pain

3

BREATH SPECIMEN: #5+6

LOCATION: Lower small intestines

SYMPTOMS: Gas, Bloating, Constipation, Diarrhea, Alternating bowel movements



TALK TO YOUR HEALTH PRACTITIONER TODAY ABOUT TESTING FOR SIBO

FAQs

Can I use seasonings during the preparation diet?

The only seasonings allowed are salt and pepper, in moderation.

Can I chew gum during the preparation period?

Gum is not allowed during any part of the preparation or testing period.

I cannot mail back my completed test right away; is that a problem?

It is best to mail your breath samples back right away, but a delay of 2-3 days is ok as long as the samples arrive within 7 days of collection.



Could it be SIBO?

SMALL INTESTINE BACTERIAL OVERGROWTH (SIBO).



IBS

GAS

NAUSEA

CONSTIPATION

DIARRHEA

BLOATING

REFERENCES

1. Pimentel M, et al. *Am J Gastroenterol*. 2003 Feb;98(2):412-9.
2. Lin HC. *JAMA*. 2004 Aug 18;292(7):852-8.
3. Grace E, et al. *Aliment Pharmacol Ther*. 2013 Oct;38(7):674-88.

