



### BEFORE YOU START THE TEST

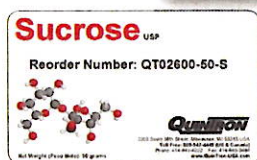
Please read all directions and familiarize yourself with the test procedures.  
The test results will be useful only if the samples are properly collected.

 **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 collection tubes;  
this will make the tubes useless for this test.**

### KIT CONTENTS

- EasySampler™ with tube holder
- Labels for the collection tubes
- 7 - Vacuum-sealed collection tubes
- Sugar (substrate) for testing



### 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 30 minute intervals throughout the test period.
- Please schedule your time appropriately.

## PREPARATION FOR THE TEST

### **Review the enclosed *Preparation***

### ***Guidelines* prior to performing this test!**

It is recommended to avoid performing this test within 14 days of any of the following conditions or consult a physician prior:

Recent antibiotic treatment, barium study, or colonoscopy.

*If you are currently taking laxatives, antacids, Metamucil, Citrucel or similar, please discontinue for at least 24 hours prior and for the duration of the test.*

- 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!!

*If you are unable to determine your dosage amount, consult your physician.*

1. Mix the packet of the enclosed substrate into 8 oz. (250 ml) of water.
2. Find your weight in the *Mixing Chart* below.
3. Remove required amount of solution based on your weight.
4. Add required amount of water to the remaining solution. Set drink aside.

Weight		Remove Solution, Add Water	
lbs.	kg	oz.	ml
14-21	6-10	5	148
22-28	11-13	4	118
29-35	14-16	3	89
36-42	17-19	2	59
43-49	20-22	1	30
50+	23+	0	0

**MIXING CHART**

Sample	Collection Time
Baseline	Before drinking
#1	30 min. after drink
#2	60 min. after drink
#3	90 min. after drink
#4	120 min. after drink
#5	150 min. after drink
#6	180 min. after drink

**SAMPLE CHART**

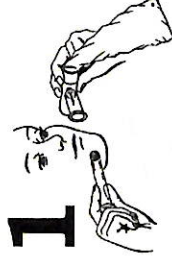
## PERFORMING THE TEST (Collection Steps)

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.**

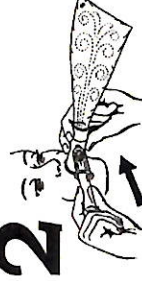
Take a normal breath in (do not take a deep breath) close your mouth around the mouthpiece then blow out normally.



**2**

As you exhale, the bag fills with air. Keep it inflated.

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



**Remove the tube after 1-2 seconds and stop exhaling.**

**3**

**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.**

**After collecting your baseline sample, drink the test solution you prepared.**

**After drinking the solution, collect one sample every 30 minutes.**

**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 collection device back in the box and return to the laboratory for analysis immediately.

**Return the kit immediately, it must be analyzed within 14 days!**

