

SMALL INTESTINAL BACTERIAL OVERGROWTH REPORT

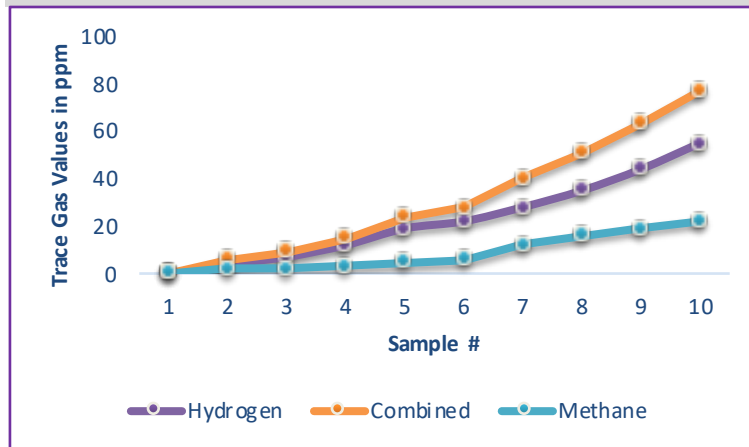
3-hr Glucose Breath Test



Sinai Health/University Health Network
600 University Avenue
Toronto, Ontario M5G 1X5

Patient Name: SAMPLE PATIENT **DOB:** 7-03-48
ICL #: 89765443 **Gender:** Male
Sample Collection Date: 7-25-20 **Sample Received Date:** 7-31-20
Sample Reported: 8-04-20

SIBO Breath Test Results



Sample Analysis Chart

| Interval | Sample # | ppm H2 | ppm CH4 | Combined |
|----------|----------|--------|---------|----------|
| baseline | 1 | 0 | 0 | 0 |
| 20 min | 2 | 4 | 2 | 6 |
| 40 min | 3 | 7 | 2 | 9 |
| 60 min | 4 | 12 | 3 | 15 |
| 80 min | 5 | 19 | 5 | 24 |
| 100 min | 6 | 22 | 6 | 28 |
| 120 min | 7 | 28 | 12 | 40 |
| 140 min | 8 | 35 | 16 | 51 |
| 160 min | 9 | 44 | 19 | 63 |
| 180 min | 10 | 55 | 22 | 77 |

**samples are corrected for CO2 to account for any variation in sample collection. Unless otherwise specified, samples are acceptable.*

Summary of Patient Results

| Trace Gas Markers | Expected Result (ppm) | Patient Result (ppm) | Interpretation |
|---|-----------------------|----------------------|----------------|
| Baseline Hydrogen | < 20 | 0 | Normal |
| Peak Methane | < 3 | 12 | INCREASED |
| Greatest H2 rise over lowest previous value | < 12 | 28 | INCREASED |
| Greatest CH4 rise over lowest previous value | < 12 | 12 | INCREASED |
| Greatest rise in the combined sum over the lowest preceding sum | < 12 | 40 | INCREASED |

Overall Assessment

POSITIVE
The results are consistent with small intestinal bacterial overgrowth.

See page 2 for assistance with interpretation

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INTERPRETATION: The results are consistent with small intestinal bacterial overgrowth.

Interpretative Guidelines for Practitioners

PEAK METHANE: a methane gas of greater than or equal to 3ppm may be caused by methanogen overgrowth. Studies suggest a relationship between methane production and constipation-predominant IBS.

ELEVATED METHANE: an increase in methane gas of greater than or equal to 12 AFTER consumption of the lactulose substrate, may indicate bacterial overgrowth.

ELEVATED HYDROGEN: an increase of hydrogen gas of greater than or equal to 20 ppm AFTER consumption of the lactulose substrate, may indicate bacterial overgrowth.

ELEVATED COMBINED METHANE AND HYDROGEN: an increase in the sum of hydrogen and methane gas of greater than or equal to 15 AFTER consumption of the lactulose substrate, may indicate bacterial overgrowth.

REFERENCES

1. Rezaei A, Buresi M, et al. Hydrogen and Methane-Based Breath Testing in Gastrointestinal Disorders: The North American Consensus; 2017 May;112(5):775-784. doi: 10.1038/ajg.2017.46. Epub 2017 Mar 21.
2. Quintron Breath Tests; www.breathtests.com
3. Saad RJ, Chey WD. Breath Testing for Small Intestinal Bacterial Overgrowth. *Clinical Gastroenterology and Hepatology*. 2014;2:1972