

Patient Guide - SIBO Test

The Small Intestinal Bacterial Overgrowth (SIBO) breath test measures hydrogen and methane gases to evaluate bacterial activity in the small intestine. Follow these steps carefully to ensure accurate results.

<https://revivelifelifeclinic.com/integrative-lab-testing/digestion-testing/>

Step 1 Patient Preparation

Timing:

- There is a **24-hour preparation phase** before testing.
- If you have a history of constipation, follow the preparation diet for **48 hours** instead.

First 12 Hours — Preparation Diet Avoid all fermentable carbohydrates to reduce false positives. Do **not** eat: dairy, grains, fruit, sugar, vegetables (especially onions), nuts, seeds, alcohol, or beans. **Permitted foods (generally): Baked or broiled chicken, turkey, or fish; plain steamed white rice; clear broth (no bones or vegetables); eggs; tofu; minimal olive oil or coconut oil for cooking; hard cheeses such as parmesan or pecorino** (unless you have a dairy intolerance or allergy). **Beverages:** plain non-carbonated water; weak coffee or tea with **no** cream, sugar, or artificial sweetener. **Avoid herbal teas.**

Next 12 Hours — Fasting

- Fast for **12 hours** (water is allowed).
- Take any required prescription medications with water as usual.
- **No food** is allowed during the fasting period.

Step 2 SIBO Test Procedure

Prepare the Test Solution

- The kit includes a packet of **glucose or lactulose**. Mix the packet with **8 ounces of water** and set it aside until instructed.

Baseline Sample

- Collect a **baseline breath sample** to measure your starting hydrogen and methane levels.

Test Protocol

- Drink the glucose or lactulose mixture as directed.
- Provide breath samples **every 15–20 minutes for three hours**, following the test kit instructions, until all collection tubes are used.
- A **three-hour test** is recommended because individual transit times vary. The usual cut-off between small and large intestine transit is **100 minutes**; results after 100 minutes often reflect large intestine activity. Results between **100–200 minutes** are considered borderline. Viewing the full three-hour gas pattern helps interpret both small and large intestine activity.

Step 3 Shipping

- Follow the shipping directions included in your test kit.
- **Ship Monday through Wednesday** for best results and to avoid weekend delays.
- Keep a record of the **shipping tracking number** and email it to your clinic so they can track your sample.

Important

If your test kit instructions differ from this guide, **follow the test kit**. Kits include additional details about medications, supplements, medical conditions, and other factors that may affect results.

Results and Follow Up

- Test interpretation requires clinical review. Schedule a follow-up appointment with your healthcare provider to review results and plan next steps.
- Typical turnaround times vary by lab; confirm timing with your clinic.

Final Notes

- Accurate preparation is essential for reliable results. If you are unsure about permitted foods, medications, or supplements, check your test kit instructions or contact your clinic before starting preparation.
- Keep the test kit instructions and any medication lists handy when you collect and ship your sample

Questions or Support

We're here to guide you through the process. You may email info@revivelifelife.ca or call us **613-829-7100** if you have any questions about your lab testing options or results.

