

SIBO Hydrogen & methane breath test



THE CLINIC

FOR YOUR OPTIMUM HEALTH & WELLBEING NEEDS

SIBO breath test

Small intestinal bacterial overgrowth (SIBO) occurs when there is an abnormal increase in the overall bacterial population in the small intestine — particularly types of bacteria not commonly found in that part of the digestive tract.

Are you suffering from or wondering about:

- Loss of appetite
- Abdominal pain
- Nausea
- Bloating
- An uncomfortable feeling of fullness after eating
- Diarrhea
- Unintentional weight loss
- Malnutrition

The breath test detects hydrogen and methane, which are gases produced by intestinal bacteria. Bacteria normally found in the large intestine produce these gases through fermentation of carbohydrates/sugars.

In SIBO, these bacteria move into the small intestine, meaning they break down the sugars before the body has had chance to digest them. This causes an over-production of gases such as hydrogen and methane. These gases are absorbed into the bloodstream and transported to the lungs.

These gases are then exhaled by the lungs and can be collected in breath samples for analysis.



How to prepare for your test

4 weeks before your test

-  Don't take any antibiotics



1 week before your test


-  Do not take laxatives or stool softeners

-  Do not take stool bulking agents

-  Do not take any motility agents

-  Do not take antibiotics

-  You can continue taking any other essential medicines

-  There must be a period of one week between any tests which require cleansing of the bowel e.g. colonoscopy or barium enema before having a breath test.



The day before your test

You must follow the 'white food diet' which consists of only the following foods and drinks:



- Plain white bread
- Plain white rice
- White potatoes (no skin)
- Baked/grilled chicken turkey, lean beef, lean pork (no oily fish)
- Maximum of 2 eggs
- Water (non carbonated)
- Non-flavoured black coffee (no milk)
- Non-flavoured black tea (no milk or herbal teas)
- 1 tbsp butter/margarine/oil
- Salt to flavour food



Do not eat or drink anything else, eating prohibited foods could give false results for the test








For 12 hours before your test



You must stop eating and drinking and fast for 12 hours before you test









On the day of your test

-  You can have small sips of water (maximum of 300ml) until the start of your test
-  You may take your essential medicines with a small amount of water but do not take anything that may affect your bowel (see previous list)
-  You may brush your teeth, but try not to swallow any toothpaste.
-  Do not eat, drink, chew gum, smoke, eat breath mints and/or other sweets on the morning of or during your test
-  If you are a diabetic requiring insulin or diabetes medicine, please ask your doctor if you should change your morning dose. Oral hypoglycaemic medicines are usually not taken that morning until complete of the test and you start eating again.



How does the test work

-  You should have followed the diet and had nothing to eat for the 12 hours prior to your test.
 -  You will give a baseline breath test sample by blowing into a test tube with the provided straw.
 -  You will mix the test substrate (lactulose or glucose) with water and drink it.
 -  You will give a breath sample every 15 minutes for 2 hours and 15 minutes. Please do not eat, chew gum, smoke, sleep or exercise during your test
-  Your test will last 2 hours and 15 minutes.
-  After your test you are free to return to your usual diet, medication and daily activity



Your results

Your results will be sent by secure email to both you and your referring consultant/doctor.

We aim to send out all patient results within five working days of completion of your test





 www.theclinicnotts.co.uk