

Breath Test Guidelines and Preparation

Small Intestine Bacterial Overgrowth (SIBO)

Why do I need a SIBO breath test?

Normally, as food moves through your digestive system, gases are produced as byproducts of digestion. These gases (hydrogen, methane, and carbon dioxide) are produced from bacteria living in your large intestine (colon). In healthy individuals, bacteria are much less common in the small intestine. In **Small Intestine Bacterial Overgrowth (SIBO)**, bacteria migrate from the colon into the small intestine and colonize there. Once there, the bacteria respond to the food you eat and create gases that would normally only be produced in the colon. This can lead to **abdominal discomfort, bloating, flatulence, diarrhea, and constipation**. If you have these symptoms, your medical provider may recommend a carbohydrate breath test to test for SIBO. The test measures the amount of hydrogen, methane, and carbon dioxide that bacteria produce from each part of your intestinal tract.

How is the test done?

The test takes around 3 hours to complete. You will be given special containers to blow into every 15 minutes after swallowing a sweet tasting liquid called Lactulose. The breath samples provided are measured for hydrogen, methane, and carbon dioxide. One of our clinic GI providers will interpret the results and contact you.

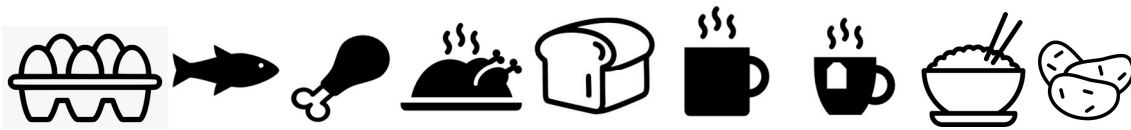
To prevent being rescheduled, you must follow the directions below exactly. The breath test is highly sensitive to outside variables and inaccurate results are common when the directions are not followed precisely.

4 weeks prior to your breath test	1 week prior to your breath test	The day before your breath test	The night before your breath test	The day of your breath test
<p>DO NOT take any antibiotics within 4 weeks of breath testing. If you are currently taking antibiotics to treat an infection, please finish them as prescribed and reschedule your breath test for a later date.</p>	<p>STOP taking any laxatives or bowel motility agents.</p> <p>STOP taking metoclopramide or loperamide.</p> <p>DO NOT complete a colonoscopy or barium radiography.</p>	<p>FOLLOW the strict dietary limitations. See page 2 for a detailed list of what you can and can't eat/drink.</p> <p>AVOID all non-essential supplements including probiotics.</p>	<p>STOP eating or drinking anything other than water at 8PM the night before your breath test. You <u>must</u> be fasting when you arrive to complete your breath test.</p>	<p>Continue to fast. It is OK to drink water.</p> <p>No smoking or second-hand smoke exposure before test.</p> <p>No exercise or sleeping within 1 hour of test.</p> <p>Bring something to entertain yourself. We do have free WIFI.</p>

Foods OK to eat the day before your breath test:



- Any meat, fish, seafood, poultry. Seasoned with salt only. Baked, broiled, grilled. Not fried.
- Plain white breads, no seeds/whole grains. No butter or spreads on the bread.
- Plain cooked white potatoes. Seasoned with salt only.
- Plain steamed white rice. Seasoned with salt only.
- Eggs. Cooked anyway you like but do not add milk, butter, or cheese.
- Clear meat-based broths (No vegetable/bone/cartilage broths, no bouillon).
- Weak black coffee or black tea (unflavored varieties, no sweeteners or cream).
- Water (tap or filtered) no minerals/flavorings/additives/carbonation.



Foods to avoid the day before your breath test:

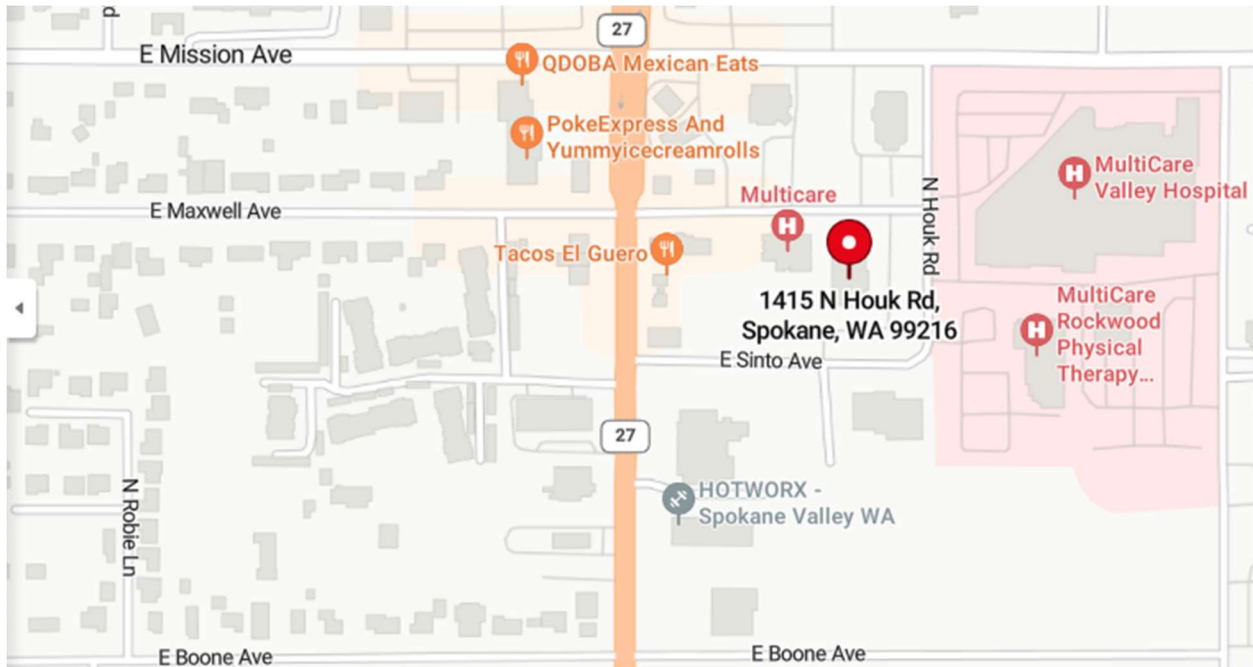


- All complex carbohydrates should be avoided such as, pasta, oatmeal, whole wheat breads, bran, granola, brown rice, baked goods, cereal, hot cereals, quinoa, or other high fiber foods.
- All fruits should be avoided as well as fruit products like juices, pureed fruit, frozen fruit, dried fruits, canned fruit, smoothies, popsicles etc.
- All vegetables should be avoided (except white potatoes) as well as vegetable products like vegetable juice, vegetable broth, sprouts, mushrooms, peppers, squash, zucchini, greens, lettuces, spinach, kale, beans, lentils, corn meal, popcorn etc.
- All nuts, seeds, and beans should be avoided as well as foods that may contain seeds.
- All dairy products should be avoided including milk, cheese, ice cream, yogurt, milkshakes, butter etc.
- All sugar should be avoided such as chocolate, soda, candy, cake, pie, sweet drinks etc.
- All condiments should be avoided such as butter, mayonaise, mustards, vinegars, ketchup, herbs, spices, salad dressings, soy sauce, wasabi, hot sauce, creamers etc.
- All liquors, beer, wine or other alcoholic drinks should be avoided.



Check-in and contact information:

Rockwood Gastroenterology Spokane Valley Office
1415 N Houk, Suite D (Lower Level)
Spokane Valley, WA 99216



You can reach the Digestive Health office at: **509.755.5220, option 1 Monday-Friday 8-5**. If you are unable to keep this appointment, please cancel or reschedule at least 72 hours in advance by calling **509.755.5220, option 1**.

