

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?

You will blow into a specific container to test your baseline. If the result is above a specific threshold, the testing will not be interpretable. Testing will be stopped, and provider will determine next steps.

If baseline result allows, you will be given a sweet tasting drink called Lactulose. You will then proceed to blow into the special containers every 20 minutes until testing is complete. The breath samples are measured for hydrogen, methane, and carbon dioxide. One of our clinic GI providers will interpret the results and contact you.

This test takes 3 hours from start to finish.

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.

If you are having constipation issues, please contact our office for directions

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, stool softeners, anti diarrheals 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 "Breath Test Diet." See page 2 for a detailed list of what you can 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>

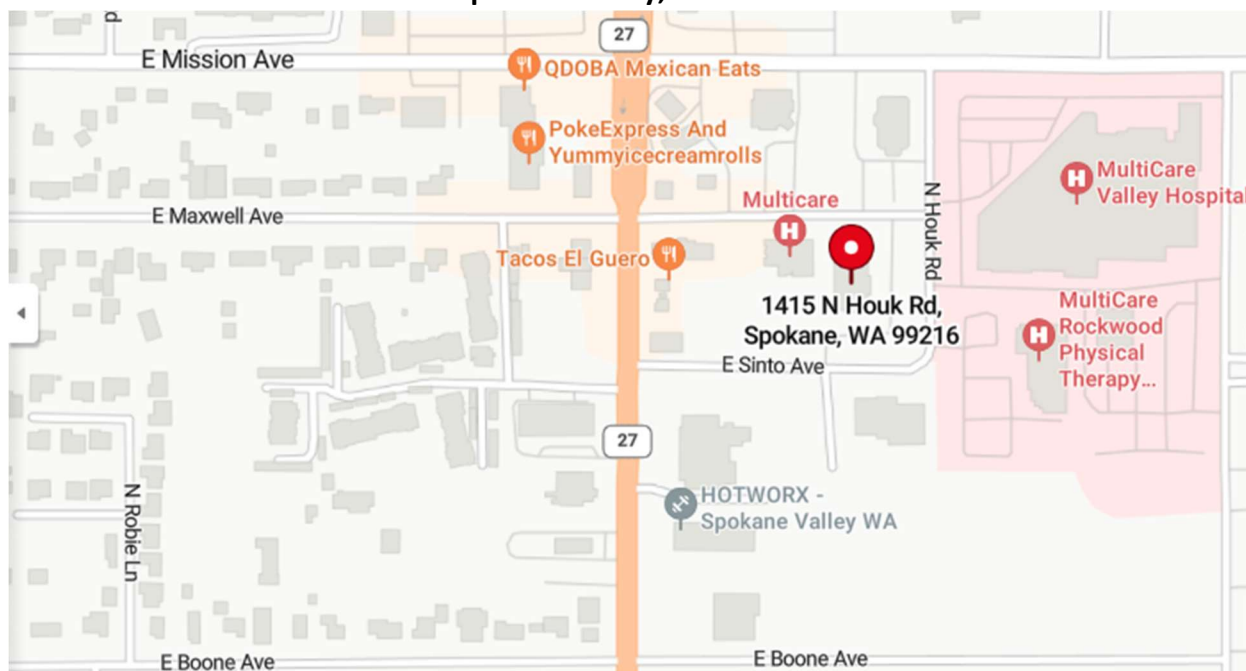
BREATH TEST DIET

You can eat as much as you want as long as it's listed below. **DO NOT** eat anything that is **NOT** on the list.

- Lean Beef, Lean Pork, Fish, Seafood, Poultry. Baked, broiled, or grilled.
- No fried foods, No deli meats, No rotisserie chicken.
- Plain Tofu (hard or soft).
- Plain white bread, no seeds/whole grains.
- Plain Boiled or Mashed Potatoes (no skin).
- Plain steamed white rice.
- Eggs. Cooked anyway you like but do not add milk, butter, or cheese.
- Plain Water (no carbonation), Plain Black Coffee, Plain Black or Green Tea (no herbal teas), **No sweeteners of any kind!**
- **Salt only** (minimal amount). **DO NOT** use any other seasonings!
- **DO NOT** use any butter or oils of any kind when preparing meals with foods above!

Check-in and contact information:

MultiCare 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**.