

### Patient Preparation Guidelines for the SIBO Breath Test

Before you start the breath test, a 24 hour preparation period is required. This consists of a 12 hour restricted diet, then a 12 hour fasting period, followed by 3 hours of actual testing.

Please follow the guidelines below

- Wait 14 days after antibiotic treatment, antifungal treatment, undergoing Barium study and/or a colonoscopy (Regular home enemas like 'Fleet' are OK)
- Discontinue probiotics 4 days prior to the test
- Discontinue laxatives, any form, including Vitamin C and Magnesium, 4 days prior to the test
- 1 -2 days prior, refrain from eating all high-fiber, lactose containing foods or slow to digest foods. Foods to avoid include: bran, coarse breads, nuts, beans & starches except for rice.
- No smoking, including secondhand smoke, for at least 1 hour before or during the test
- No sleeping or vigorous exercise for at least 1 hour before or during the test
- If you are on any medication or special diet that conflict with these test instructions, it is recommended to speak with your physician before this test

### Preparation Diet

The first 12 hours you must limit your diet to the foods listed below.

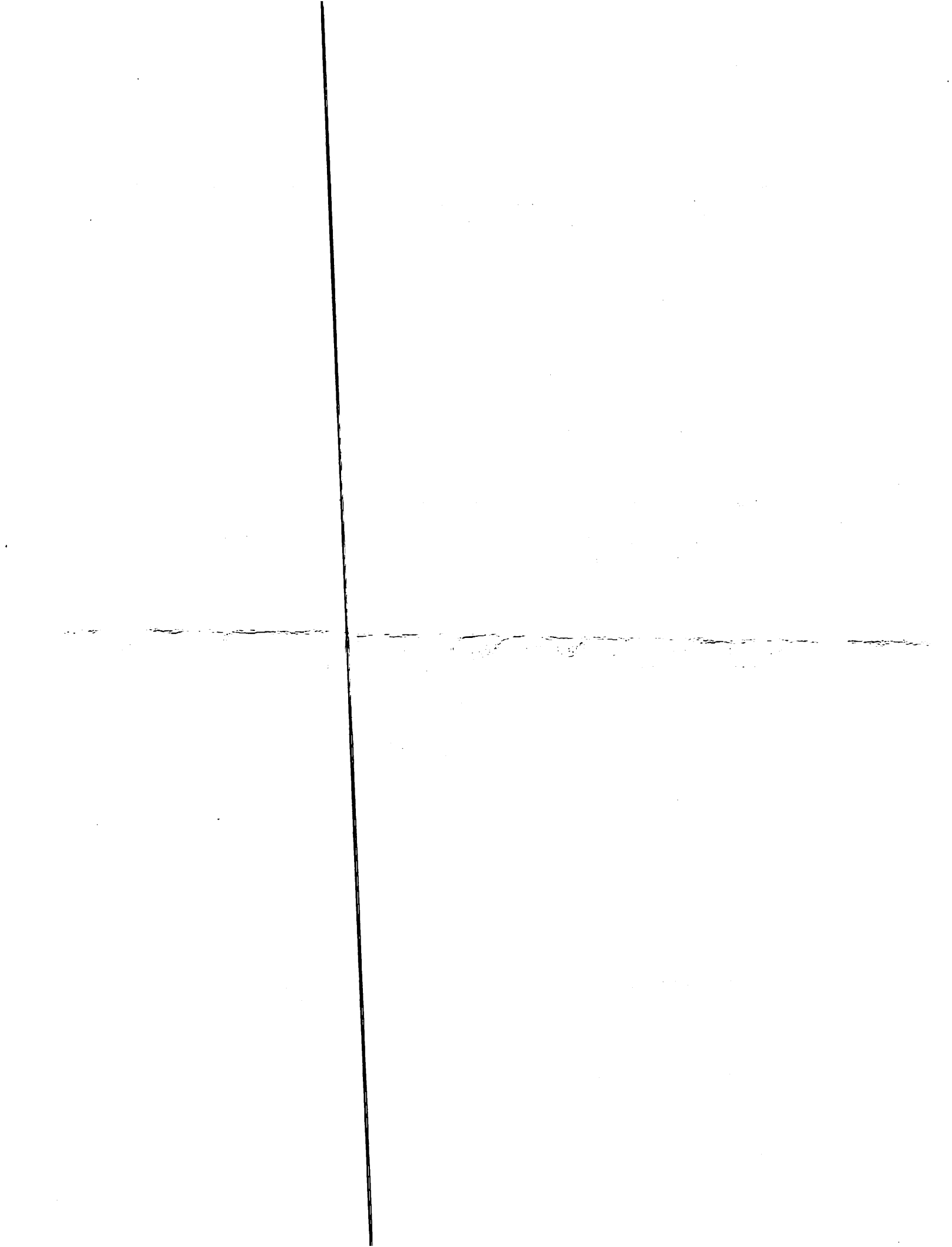
You may drink *plain* water, coffee, tea (no sugar/artificial sweeteners or cream to be added)

- Any meat, seafood/fish, poultry (baked or broiled)
- Salt & pepper seasonings only
- Plain *white* rice (If you are on a grain free diet, please do not consume rice)
- White Bread
- Eggs
- Clear chicken or beef broth (no bouillon, bone/cartilage or vegetable broth)
- Fats / oils including coconut, olive, vegetable oil, butter or lard
- Weak black coffee or tea. NO sweeteners, milk, cream, green tea or herbal teas.

### Sending your kit back to us

Only include the SIBO Timetable and your 10 tubes (placed back into bubble wrapped packaging) Seal the box with tape to ensure it does not open during delivery. The return label is already attached to the box.

**\*If you are uncertain if something will affect the test, AVOID consuming the product or consult your physician prior to starting the test\***



# USE OF THE EASYSAMPLER®

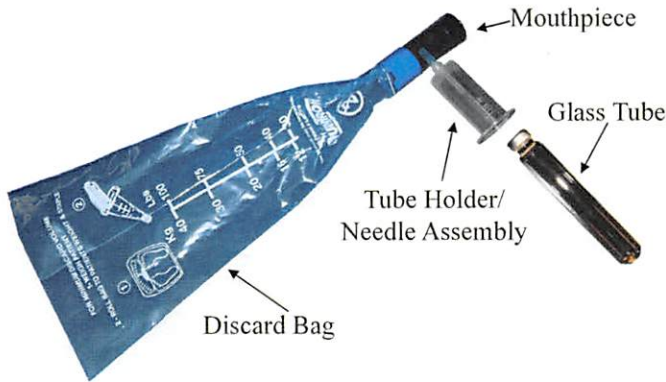
## HOW TO COLLECT SAMPLES

THE TEST RESULTS CAN ONLY BE USEFUL IF THE SAMPLES ARE PROPERLY COLLECTED!

Please read the directions completely BEFORE collecting a sample! If you do not completely understand all aspects of sample collection, please talk to your doctor/nurse for further instructions.



**Do not insert your finger into the tube holder of the EasySampler at any time; it contains a sharp needle.**



### GETTING READY

1. The EasySampler device\* is pre-assembled and protected in a sealed plastic bag. Carefully remove the collection device from the bag.

Number the glass tube labels. Write your name and the date on each of the labels.

On label #1, write the time you are starting the test and place the label on one of the glass tubes.

### TAKING A SAMPLE

2. Hold the EasySampler in one hand and the glass tube #1 in the other hand.

**DO NOT attempt to loosen or remove the tops of the glass tubes; this may destroy them and make the tubes useless for this test**

3. Place test tube #1 halfway into the needle assembly, cap first.

**DO NOT PUSH THE TEST TUBE ONTO THE NEEDLE IN THE HOLDER YET!**  
Take a normal breath, close your mouth around the mouthpiece and exhale normally.

4. As you exhale, the discard bag will be filled with air which will vent through the small opening at the end of the bag. Continue to exhale into the mouthpiece to keep the bag inflated and press the glass tube to the end of the tube holder so that the stopper is punctured by the needle in the tube holder.

5. **Keep the bag inflated until after the test tube is removed from the tube holder.**  
After 1-2 seconds, pull the glass tube out of the tube assembly and set it aside.

6. Repeat steps 1-5 with the remaining glass tubes as many times and at the time intervals as requested.

# QUINTRON

[www.BreathTests.com](http://www.BreathTests.com)

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QTL0018 Rev C

Manufacturer:  
QuinTron Instrument Co, Inc.  
2208 S. 38th St.  
Milwaukee, WI 53215 USA

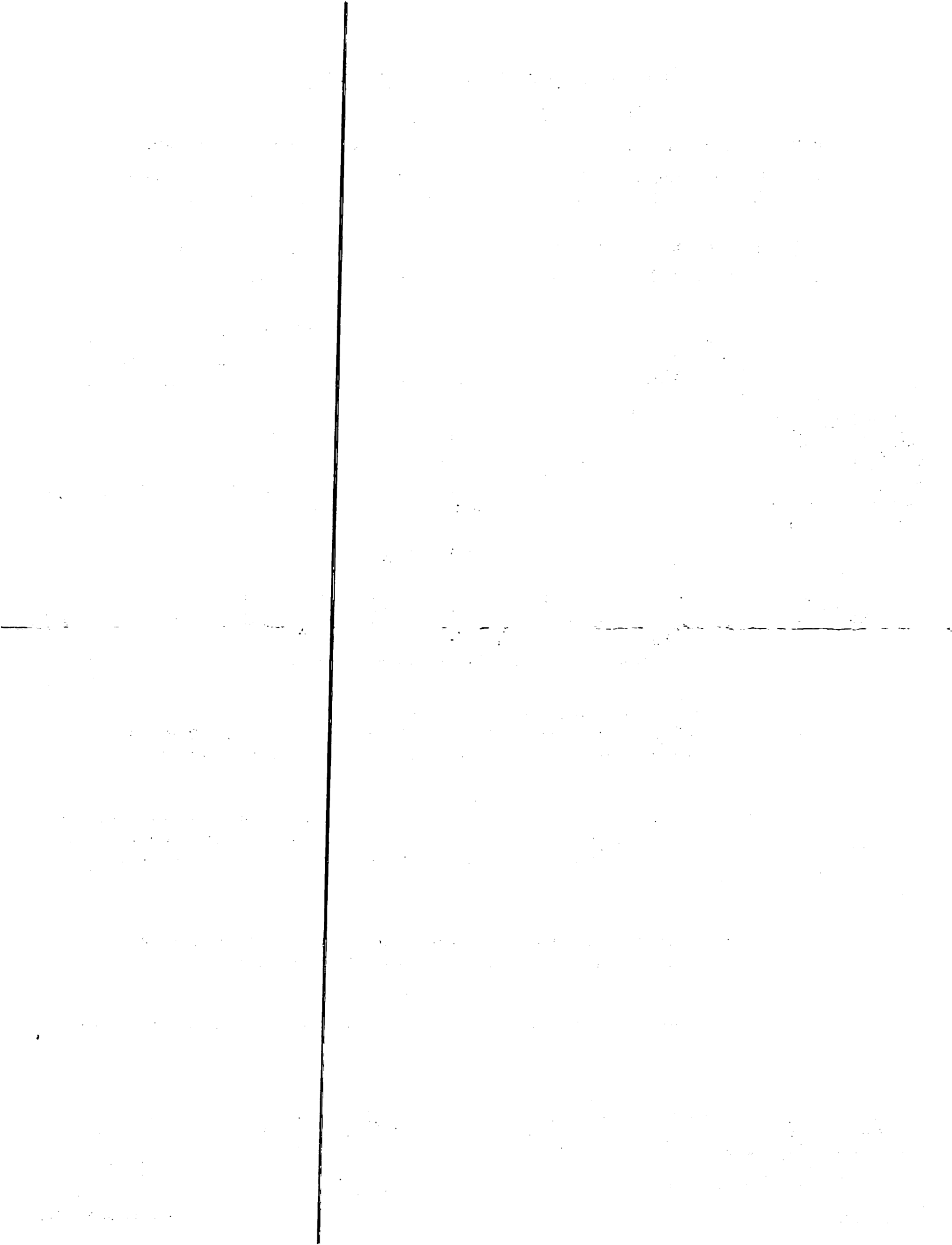


EC	REP
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\*US Patent No. 5467776



# SIBO CANADA INTAKE FORM / TIMETABLE



Patient Name: \_\_\_\_\_

D.O.B. (mm/dd/yy): \_\_\_\_\_

Phone Number: \_\_\_\_\_

Referring Doctor Name: Dr. Samir Grover

Referring Clinic Name: Don Valley Endoscopy Centre

Referring Clinic Email: admin@donvalleyendoscopy.com

Phone Number: 416.638.5889

Collection Date: \_\_\_\_\_

## SIBO TEST TIMETABLE

TUBE	Sample Collection Time	Actual Test Times
Tube 'B' - Base breath (before drink)	Record time	

*After taking the base breath sample, drink the lactulose solution within 5 minutes.*

Drink lactulose solution	Record time	
Tube #1	20 min. after drink	
Tube #2	40 min. after drink	
Tube #3	60 min. after drink	
Tube #4	80 min. after drink	
Tube #5	100 min. after drink	
Tube #6	120 min. after drink	
Tube #7	140 min. after drink	
Tube #8	160 min. after drink	
Tube #9	180 min. after drink	

**\* Samples must be received by SIBO Canada within 7 days of collection.\***

SIBO Canada does not diagnose or treat any disease, ailment or other health symptom. Any diagnosis or treatment needs to be made by your healthcare provider. The above tests are meant to aid your physician in their diagnosis, which is made in accordance with other clinical data that is unavailable to SIBO Canada.

SIGN: \_\_\_\_\_

DATE: \_\_\_\_\_

### Sending your kit back to us

**Only include this intake form and your 10 tubes (placed back into bubble wrapped packaging) Seal the box with tape to ensure it does not open during delivery. The return label is already attached to the box.**

