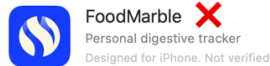


## SIBO BREATH TEST INSTRUCTIONS WITH FOOD MARBLE DEVICE

Before starting, please make sure of the following.

1. You have used the email link I sent you to get set up on my Clinician Dashboard
2. You are using the “foodMarble HealthCare App” (more green than blue, the regular FoodMarbleApp is blue)



3. You are doing the test in Challenge mode. If not, I will not get the numbers that show me the parts per million.
4. If you are using glucose for the test, just replace the term “glucose” with “lactulose” in the instructions.

### TEST PREPARATION<sup>1</sup>:

- For 1-2 weeks prior to the test – **no antibiotics, runny diarrhea (unless this is normal for you) or abnormal diarrhea pattern, colonoscopies, or barium studies.**
- For 4-5 days prior to the test – **no probiotics or laxatives**
- For 1-day prior to test – please **stop any unnecessary supplements** the day before the test and resume after you complete the test. Essential medications can be continued.
- For 12-24 hours\* prior to the test – **please eat only the following foods:** (If you are diabetic, vegetarian or vegan, please see below.)
  - **White** rice (plain steamed)-only if this is something you tolerate well
  - **Eggs**
  - **Baked** or broiled chicken, fish or turkey
  - **Clear meat broth** (no bone broth or vegetable broth)
  - **Salt and pepper** only
  - **Water, Black tea and Black coffee** (without any creamer)
- For 12 hours prior to the test – **fasting stage**, water ONLY during this stage

\*If you have fewer than 2 bowel movements per week or a redundant colon, then you will need to do the prep diet for **two days**.

### OTHER PREP OPTIONS IF NECESSARY<sup>1</sup>:

- Diabetic If difficulty with fasting overnight, eat 1/4 of an unripe (green) banana or 2-3 baby carrots.
- Vegetarian – eggs, white rice/wheat, hard aged cheese (small amount) and same diabetic approved foods as well.

- Vegan – fasting for 24 hours is possible if blood sugar regulation is not an issue, additionally, can have white rice/bread, diabetics approved foods in addition to up to 2/3 cup plain/firm tofu (not silken)

#### **MORNING OF THE TEST:**

- Must be awake for 1 hour prior to starting the test.
- For the morning of the test and during the test: no smoking, no sleeping, no eating, and no exercising

#### **COMPLETING THE TEST:**

**Step 1:** You can choose to either use mouthwash before collecting every sample or not at all. PLEASE DO NOT USE MOUTHWASH JUST ONCE AT THE BEGINNING OF THE TEST, THIS WILL ALTER YOUR RESULTS. The benefit of using mouthwash is that it may reduce the impact mouth bacteria play in the test results. If you have gingivitis, it is best to use mouthwash. If using mouthwash, please rinse your mouth prior to each sample. Move the mouthwash around the mouth for 30 seconds, forcing it between teeth and gargling before spitting it out. Take care not to swallow any mouthwash. Do a second rinse with water afterwards. Repeat this step just before each subsequent breath sample.

**Step 2:** Mix the solution (lactulose or glucose) in 8-10 oz of water for lactulose test - **DO NOT DRINK IT YET**, set it aside. You will may need to pick this up from your pharmacy ahead of time (lactulose).

**Step 3:** Collect first (baseline) breath specimen

**Step 4:** Drink the preparation you just made immediately.

**Step 5:** Collect subsequent breath samples on this schedule:

Sample #2: 15 minutes after baseline sample  
Sample #3: 30 minutes after baseline sample  
Sample #4: 45 minutes after baseline sample  
Sample #5: 60 minutes after baseline sample  
Sample #6: 75 minutes after baseline sample  
Sample #7: 90 minutes after baseline sample  
Sample #8: 105 minutes after baseline sample  
Sample #9: 120 minutes after baseline sample  
Sample #10: 135 minutes after baseline sample  
Sample #11: 150 minutes after baseline sample  
Sample #12: 165 minutes after baseline sample  
Sample #13: 180 minutes after baseline sample

Reference: 1. Siebecker, A 2019. *Small Intestine Bacterial Overgrowth*, Advanced Gastroenterology, Bastyr University, delivered 27 April 2019.

