

# Patient Preparation Guidelines for SIBO Breath Testing

## PROCEDURES, MEDICATIONS, AND SUPPLEMENTS

You must wait at least 1 month after colonoscopy, barium studies, and colonics, as well as antibiotic use before testing

### One week prior to testing please stop the following

- Antacids/acid blocking medication
- Probiotics, such as Inner Health, or any probiotic containing product (yogurt, Yakult)
- Herbal antimicrobials

### One day prior to testing, please stop

- Laxatives
- Digestive aids such as enzymes or hydrochloric acid
- Please avoid any non essential supplements during preparation and testing period

## TEST KITS

**If you have ordered one test kit, please follow the instruction below. If you have 2 kits, resume the prep diet after completing the first test kit and use the second test kit the following morning.**

For example,

**Monday:** prep diet followed by overnight fast

**Tuesday AM:** complete Lactulose test kit (3 hours) followed by resuming the prep diet and a 12 hour overnight fast

**Wednesday AM:** Glucose test kit (3 hours), then resume normal diet.

## PREPARATION GUIDE

Preparation begins 24 hours prior to testing; in 2 stages of 12 hours. If you suffer from constipation, please allow 48 hours prior to testing.

- First 12 hours consists of a restricted meal plan (see sample meal plan below), 36 hours if you are constipated
- Second 12 hours will be fasting – only water may be consumed;
- No smoking, including secondhand smoke, for at least 1 hour before or at any time during testing period;
- No sleeping or vigorous exercise for at least 1 hour before or at any time during testing period;
- Recent antibiotic therapy or runny diarrhea may affect the results of the breath tests – please consult with your practitioner about these conditions prior to performing the test as testing may need to be rescheduled;
- Drinking water only during your breath test is allowed in moderation.
- Wake up at least an hour before commencing the test. You can brush your teeth as normal.

Prior to commencing the test make sure you watch the instructional video

[www.sibotest.com/pages/about-the-sibo-breath-test](http://www.sibotest.com/pages/about-the-sibo-breath-test)

## SAMPLE MEAL PLAN

Only to be consumed during the first 12 hours, 48 hours if you are constipated.

- Baked or broiled chicken, fish or turkey (Salt and pepper for seasoning)
- Plain steamed white rice (Basmati or Jasmine)  
If you are already on a grain free diet, please do not consume rice
- Hard aged cheese (Parmesan, Pecorino) unless you are sensitive to dairy
- Eggs
- Clear meat broth (not bone)
- Olive oil or coconut oil – 1 tablespoon only, for cooking
- Weak black tea or weak black coffee - 1 cup consumed in the morning - NO herbal teas
- Plain water - No mineral water

Avoid all other types of food during this 12 hour/48 hour period as this will ensure accurate test results

## EXAMPLE

**8AM TILL 8PM: 12 or 48 hours of restricted meal plan**

**Breakfast:** Scrambled eggs with parmesan cheese

**Mid morning snack:** Chicken broth

**Lunch:** Chicken and white rice seasoned with salt & pepper

**Mid afternoon snack:** Chicken broth

**Dinner:** Fish and white rice seasoned with salt & pepper

**Drinks:** Water

**8PM TILL 8AM: 12 hours fasting**

Water

Commence testing after 8am.