

CODE: SIBO1

SIBO Breath Test

LACTULOSE

THE PROCESS

- Lactulose test kit
- The testing can commence on **any day**
- Testing will take approximately 3 hours (10 samples every 20 minutes)
- This is a fasted test - **after eating a special diet the previous day and performing a transit time test.**
- **Read** the instructions in the collection kit
- **Send samples within 3 days of collection**

[Watch the collection video here](#)

[See FAQs here](#)

Before testing wait 4 weeks after any:

- Colonoscopy, barium studies, colonics, and antibiotic use

1 week prior:

- STOP Probiotics, such as Inner Health, or any probiotic containing product (yogurt, Yakult, fermented foods) and herbal antimicrobials
- DO the the sesame seed 'Transit time test' - please speak to your health coach for details

24 hours prior

- Stop: Laxatives, digestive aids (enzymes, hydrochloric acid), non essential supplements
- Start: The special, pre-test diet. [See next page for information.](#)

12 hours prior:

- Fast (only water allowed)

1 hour prior:

- No smoking including second hand smoke, no sleep or vigorous exercise.

During the testing:

- No eating. Drink only water in moderation.



READ THE INSTRUCTIONS INCLUDED IN THE TEST KIT BEFORE COMPLETING TEST

Ensure sample is collected correctly.
The lab charges a \$50 retesting fee for incorrect samples

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THE PRE-TEST DIET

- The purpose of this diet is to reduce food fermentation and therefore provide a clear response to the test substances
- Eat this diet the day prior to testing*
- Read the instructions in the collection kit around the allowed foods
- Continue the diet until both samples have been collected

ONLY ALLOWED FOOD

- Baked or broiled chicken, fish or turkey. Avoid tuna and tinned meat/fish (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, no vegetables)
- 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 period
to ensure accurate test results**

***If you have been constipated, eat this diet for 2 days (48 hours) prior to the
collection**



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