

### **Small Intestinal Bacterial Overgrowth (SIBO) Breath Test**

\*Please inform the medical staff if you have had recent antibiotic therapy- no antibiotics for at least 10 days prior to the breath test

You will need to fill your prescription of Lactulose at your pharmacy prior to the test.

#### **Day Before the Test:**

- Do NOT eat any slowly digesting foods including, but not limited to:
  - Beans
  - Bran/high fiber cereal (shredded wheat, great grains, etc)
  - Old fashioned or steel cut oatmeal (instant is ok)
  - Leafy green vegetables
- Please fast for 12 hours prior to the test
  - No food consumption, only water- starting at \_\_\_\_\_ p.m. on \_\_\_\_\_ (date)

#### **Day of the Test:**

- Your test is scheduled for \_\_\_\_\_ a.m. on \_\_\_\_\_ (date)
- 1 hour prior to your arrival, drink Lactulose 10gm/15ml, then drink 8 oz. water.
  - This medication may cause a laxative effect
  - You will be blowing into a machine every 15 minutes for the next 1-2 hours to complete the breath test
- Please plan to arrive on time for your scheduled appointment
- Plan on staying in the office for maximum of 2 hours
- Please do not smoke, sleep, or exercise vigorously 30 minutes prior to the test or during the test
- Feel free to bring entertainment, such as magazines, books, tablet, laptop, etc
  - Please note that our office does not have WiFi available to our patients
- Please note, this is a test and you will not be seeing a provider (nurse practitioner or physician)
  - If further follow up needed, please make an office visit