



## Short Protocol for the Bacterial Overgrowth Test

### Patient Instructions and Preconditions

1. The patient should **not have eaten slow-to-digest foods like beans, bran or other high fiber foods** the day before testing.
2. The patient should fast **after midnight**, with no food or water before the test. The patient may brush his/her teeth the day of the test but spit out the toothpaste and rinse with water three hours before the test.
3. The patient should **not smoke, sleep, or exercise vigorously** for at least one-half hour before the test.
4. Ask the patient about any recent antibiotic/probiotic therapy. Make the physician aware of the antibiotic/probiotic since it can affect the test. Patient should be off antibiotics at least 10 days before testing.

### Patient Test Protocol

If the patient meets the preconditions for testing as outlined above, proceed with the following protocol:

The patient must fast after midnight and take 45 ml of Enulose Syrup (30 grams of lactulose), glucose (30 grams) or Kristalose (30 grams) one hour before the office visit. Test the patient every 20 minutes until two peaks appear or 3 hours have passed. Stop the test when you detect 2 peaks (separated by a valley of 3ppm) this indicates the test is positive. In this example, the patient is positive at the 120-minute mark and the test is stopped. The peaks are 15 and 15 separated by at least 3 ppm from the valley of 6 ppm.

