



Short Protocol for the Bacterial Overgrowth Test SIBO Test

Patient Instructions and Preconditions

1. The patient should **not have eaten slow-to-digest foods like oat bran, rolled oats, brown rice, peas, carrots, broccoli, lettuce, tomatoes, green beans, or red peppers** the day before testing.
2. The patient should fast **after midnight**, with no food and only water to drink 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. Patients should be off antibiotics at least 2 weeks 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) or **100 grams of glucose (OTC)**, 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 90-minute mark and the test is stopped. The peaks are 15 and 18 separated by at least 3 ppm from the valley of 6 ppm.

