

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, fruit, or juices** the day before testing.
2. Patient can eat the day before the test: chicken, turkey, fish, rice, eggs, & bread.
3. The patient should **fast after midnight**, with no food or water before the test. The patient may brush their teeth the day of the test but spit out the toothpaste and rinse with water three hours before the test.
4. The patient should **not smoke, sleep, or exercise vigorously** for at least one-half hour before the test.
5. Ask the patient about any recent antibiotic therapy. Make the physician aware of the antibiotic 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 7 chewable Glucose tablets (OTC at Walgreens or CVS) one hour before testing. 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 140-minute mark and the test is stopped. The peaks are 25 and 22 separated by at least 3 ppm from the valley of 18 ppm.

