

Patient Preparation Guideline For SIBO Breath Testing

This diet must be adhered to, do not consume anything other than whats mentioned here. Read all information below please!

PROCEDURES, MEDICATIONS AND SUPPLEMENTS

PRIOR TO BREATH TESTING, STOP THE FOLLOWING FOR THE REQUIRED TIMELINE:

- **At least one month prior:** colonoscopy, colonics, antibiotics, or antifungals **stop**
- PPI's are no longer required to stop, **BUT** if they could be stopped two days prior to testing it would be beneficial. **"Consult with your practitioner"**
- **At least one week prior:** promotility drugs or Laxatives
- **One day prior:** high dose magnesium or vitamin C

ONE DAY PRIOR TO TESTING, PLEASE STOP THE FOLLOWING:

- Probiotics or prebiotics or any probiotic containing product (yogurt, Yakult, fermented foods)
- Herbal antimicrobials
- Digestive aids such as enzymes or hydrochloric acid
- Any non-essential medications and supplements including probiotics 24 prior to testing and during preparation and testing period

Day of testing, avoid smoking and physical activity in the morning

Diabetic and pregnant patients, PLEASE consult with your physician prior to prep.

PREPARATION GUIDE

The purpose of this diet is to reduce food fermentation and therefore provide a clear response to lactulose.

Preparation begins 24 hours prior to testing in 2 stages of 12 hours. ***If you suffer from constipation, please allow 48 hours prior to testing.***

- Stage 1 consists of a restricted meal plan
- Stage 2 consists of fasting – only water may be consumed

Note:

- Wake up at least an hour before commencing the test
- Brush teeth as per normal but rinse with an antiseptic if possible before starting the breath test
- No smoking, including second-hand smoke, for at least 1-2 hours before or at any time during testing period
- No sleeping or vigorous exercise for at least 1 hour before or at any time during testing period
- Drinking water during the breath test is allowed in moderation
- Recent antibiotic therapy or runny diarrhea may affect the results of the breath tests – *****please consult with your health practitioner about these conditions prior to performing the test as testing may need to be rescheduled*****

ALLOWED FOOD LIST

Only consume the following for the first 12 hours, 48 hours if constipated, to ensure accuracy of test results:

- Baked or broiled chicken, fish or turkey (Salt and pepper for seasoning)
- Plain steamed white rice (Basmati or Jasmine)
- Hard aged cheese (Parmesan, Pecorino), unless sensitive to dairy
- Eggs
- Clear meat broth (not bone or vegetables)
- Olive oil or coconut oil – 1 tablespoon only, for cooking
- NO herbal teas
- Plain water – NO mineral water

SAMPLE DIET

8AM TILL 8PM: 12 or 48 hours of restricted meal plan

Breakfast: Scrambled eggs

Lunch: Chicken with white jasmine or basmati rice

Dinner: Fish and white jasmine or basmati rice

Drink: Water

7PM TILL 7AM: 12 hours fasting

****Prior to testing, watch the instructional video on the front page of our website: www.sibocliniccanada.com***

***Retesting after antibiotic or herbal antimicrobial therapy would be recommended.**