

Test Preparation Guidelines for all Hydrogen/Methane Breath Tests

Please call Life Extension at **1-855-783-1576** with any questions related to preparation.

If you are not able to comply with these guidelines for testing, then you may not be a candidate for a breath test.

- No smoking, including second-hand smoke, for at least 1 hour before or at any time during the breath test.
- No sleeping or vigorous exercise for at least 1 hour before or at any time during the breath test.
- Wait at least 14 days before beginning your breath test if you recently had antibiotic therapy, bismuth preparations, runny diarrhea, colonoscopies, barium studies or enemas.
- Discontinue natural/herbal antibiotics (oregano oil, berberine, grapefruit seed extract, etc), laxatives (natural and pharmaceutical) and probiotics/prebiotics for at least 7 days prior to testing.
- Supplements should be avoided during the preparation phase unless absolutely necessary.

Before you start the breath test, a 24 hour preparation is required consisting of a 12 hour restricted diet and then a 12 hour fasting period.

If you are uncertain if something (other than prescription medications) will affect the test, **AVOID** the product prior to starting the test.

1. The **first 12 hours** is the restricted diet. Limit your foods to those below:
You may drink plain water, coffee, tea (no sugar/artificial sweeteners or cream added)
 - Any meat/poultry/fish or seafood that is not preserved or processed (i.e. No pepperoni, prosciutto, lunch meats)
 - Salt and pepper (no other seasonings)
 - Limit fats and oils to 1 tablespoon per meal
 - Eggs
 - Clear chicken broth or beef broth
 - Plain steamed white rice*
 - White bread* (only)

*Note - if white bread or white rice trigger your symptoms, they should be avoided as well.

2. The **second 12 hours** DO NOT eat or drink anything except water.

These guidelines are adapted from various hospital organizations and studies.

QuinTron/Life Extension did **not** exclusively develop these preparations or protocols for Hydrogen/Methane Breath Tests.

Breath-Tests and Digestive Problems

When some bacteria digest (or ferment) food substances, they produce acids, water and gases. The major gases which are produced by bacteria include, primarily, carbon dioxide (CO₂), hydrogen (H₂), methane (CH₄) and small concentrations of aromatic gases. Carbon dioxide is produced by all cells during metabolism, but only bacteria can produce H₂ and CH₄ as metabolic by-products, and this is accomplished primarily by bacteria which thrive in the absence of oxygen (called anaerobic bacteria). So, if either H₂ or CH₄ are produced biologically, it tells us that some food substance is exposed to bacterial fermentation.

In the digestive tract, bacteria are normally limited to the colon. Most of the bacteria contained in food are killed by the acidity of the stomach, so the small intestine usually has few bacteria. In some conditions, called “bacterial overgrowth”, bacteria exist in high concentrations in the small intestine. Their presence in that area can interfere with the absorption of some vitamins and other essential foodstuffs, so it is important to diagnose the condition.

The colon is concerned with conserving water and salt by reabsorbing them from the luminal contents. However, the colon is involved in other functions, some of which depend on having a high bacterial-count. Fiber, very popular in breakfast cereals, is not digested in the small intestine, so it undergoes bacterial fermentation in the colon. Short-chain fatty acids (SCFA) produced by that process are absorbed in the colon, and are beneficial to health. It is becoming apparent that substantial amounts of starch (10-20% of foods like legumes) escape digestion in the small intestine and are broken down in the colon, thus, adding to the efficiency of energy production by such food-stuffs.

In addition, colonic bacteria contribute to fecal bulk, and the short-chain fatty acids mentioned above reduce colonic pH. These factors may reduce the likelihood of diarrhea, confer some degree of protection against other severe colon problems, and enhance the colonic absorption of metal ions like calcium, magnesium and zinc. Thus, fermentation in the colon is normal, and it is important.

Gases which are produced in the colon and small intestine are reabsorbed and equilibrated with the blood leaving that area. They appear in the lung and cross the capillary membrane into the alveoli, from which they are expired during breathing. The alveolar air can be collected with QuinTron collection devices and analyzed on BreathTracker or MicroLyzer instrument.



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www.BreathTests.com

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Small Intestinal Bacterial Overgrowth Breath Test

BEFORE YOU START THE TEST

Please read all directions and familiarize yourself with the test procedures. The test results will be useful only if the samples are properly collected. This test is intended for individuals over 25 lbs. If you have any questions prior to or during the test, please call us at 1-855-783-1576.



Do not insert your finger into the tube holder of the EasySampler at any time; it contains a sharp needle. There is a gray rubber sheath over the needle, this is intentional, do not attempt to remove it.



Do not loosen or remove the tops of the collection vials; this will destroy the vacuum and make the tubes useless for this test.

KIT CONTENTS

- EasySampler™ with tube holder
- Labels for the collection tubes
- 10 - Vacuum-sealed collection tubes
- 10gm Lactulose Syrup

TIME NEEDED FOR TESTING

- This test will take 3 hours to complete.
- After collecting a baseline sample and drinking the solution, each breath sample will be collected in 20 minute intervals throughout the test period.
- Please schedule your time appropriately.

PREPARATION FOR THE TEST

Review the *Preparation Guidelines* within this kit prior to performing this test.

Any recent antibiotic treatment, barium study, bismuth preparations colonoscopy, runny diarrhea or similar conditions can affect the test; therefore, **DO NOT** perform this test within 14 days of any of these conditions. Discontinue natural/herbal antibiotics, laxatives (natural and pharmaceutical) and probiotics/prebiotics for at least 7 days prior to testing.

- Limit your foods to those listed in the *Preparation Guidelines* sheet 12 hours prior to fasting.
- No smoking, including second-hand smoke, for at least 1 hour before or at any time during the test.
- No sleeping or vigorous exercise for at least 1 hour before or at any time during the test.
- With the exception of water, do not eat/drink anything while fasting or during the test! This can cause false-positive readings or cause your test to be unreadable.
- Suggested meals prior to fasting are located in the *Preparation Guidelines* sheet.
- If you are on any medication or special diets that conflict with these test instructions, it is recommended to speak with your physician before performing this test.

Prepare test solution but do not drink it yet.

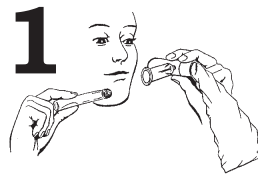
1. Mix the lactulose syrup into 8 ounces (236ml) of water.
2. Set drink aside, you will consume the solution after you collect your baseline sample.

SAMPLE CHART

Sample	Collection Time
Baseline	Before drinking
#1	20 min. after drink
#2	40 min. after drink
#3	60 min. after drink
#4	80 min. after drink
#5	100 min. after drink
#6	120 min. after drink
#7	140 min. after drink
#8	160 min. after drink
#9	180 min. after drink

PERFORMING THE TEST (Collection Steps)

Collect your baseline sample following steps 1-4.



Hold the EasySampler device in one hand and a collection tube in the other hand.

You will only exhale once per each sample collection.

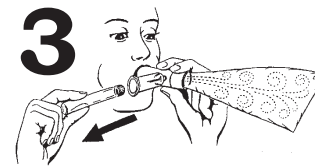
Take a normal (*not deep*) breath in; close your mouth around the mouthpiece then blow out normally.



Exhale once per each sample collection. As you exhale, the bag fills with air. Keep it inflated.

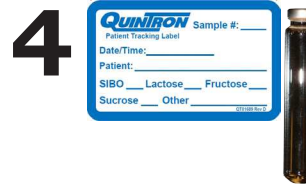
(There is a small hole in the bag, this is intentional)

During your exhalation, insert the test tube into the needle holder completely so the stopper on the tube is punctured.



Remove the test tube after 1-2 seconds.

Keep the bag inflated until after the test tube is removed from the test tube holder.



Complete the tube label provided.

Make certain you label the Sample # correctly or your results will be inconclusive.

Drink the lactulose test solution you prepared and then wait 20 minutes.

Collect one additional breath sample every 20 minutes until all test tubes are used.

Collect all samples following the *Sample Chart* and *Collection Steps* 1-4.

Place collection test tubes in the bubble bag(s), any paperwork, and the EasySampler mouthpiece back in the cardboard container, do not refrigerate.

Adhere the return label to the white box so that it prevents the box from opening in transit.

Return the kit immediately for analysis.

Your breath sample is only stable for 10 days after collection.