

# Patient Preparation Guidelines for SIBO Breath Testing



## PROCEDURES, MEDICATIONS, AND SUPPLEMENTS

You must wait at least 1 month after colonoscopy, barium studies, colonics, and antibiotic use before testing.

### One week prior to testing please stop the following

- Probiotics, such as Inner Health, or any probiotic containing product (yogurt, Yakult, fermented foods)
- Herbal antimicrobials

### One day prior to testing, please stop

- Laxatives
- Digestive aids such as enzymes or hydrochloric acid
- Please avoid any non essential supplements during preparation and testing period

### Retesting after antibiotic or herbal antimicrobial therapy:

You can retest the day after you have completed therapy.

## TEST KITS

**If you have ordered one test kit, please follow the instruction below. If you ordered multiple kits, resume the prep diet after completing the first test kit and use the second test kit the following morning.**

**Always complete the lactulose test first.**

For example,

**Monday:** prep diet followed by overnight fast

**Tuesday AM:** complete Lactulose test kit (3 hours) followed by resuming the prep diet and a 12 hour overnight fast

**Wednesday AM:** Glucose test kit (3 hours), then resume normal diet.

## ALLOWED FOODS LIST

Only to be consumed during the first 12 hours, 36 hours if you are constipated.

- Chicken, white fish or turkey (Salt and pepper for seasoning)
- Plain white rice (Basmati or Jasmine)  
If you are already on a grain free diet, please do not consume rice
- Hard aged cheese (Parmesan, Pecorino) unless you are sensitive to dairy
- Eggs
- Clear meat broth (not bone, no vegetables)
- Olive oil or coconut oil – 1 tablespoon only, for cooking, per meal
- Weak black tea or weak black coffee - 1 cup consumed in the morning - NO herbal teas
- Plain water - No mineral water

## PREPARATION GUIDE

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

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.

- First 12 hours consists of a restricted meal plan (see sample meal plan below), 36 hours if you are constipated.
- Second 12 hours will be fasting – only water may be consumed.
- No smoking, including secondhand smoke, for at least 1 hour 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.
- Recent antibiotic therapy or runny diarrhea may affect the results of the breath tests – please consult with your practitioner about these conditions prior to performing the test as testing may need to be rescheduled.
- Drinking water only during your breath test is allowed in moderation.
- Wake up at least an hour before commencing the test. You can brush your teeth as normal.

**Prior to commencing the test make sure you watch the instructional video**  
[www.sibotest.com/pages/about-the-sibo-breath-test](http://www.sibotest.com/pages/about-the-sibo-breath-test)

Avoid all other types of food during this 12 hour/36 hour period as this will ensure accurate test results

## EXAMPLE DAY

**8AM TILL 8PM: 12 or 36 hours of restricted meal plan**

**Breakfast:** Scrambled eggs with parmesan cheese

**Mid morning snack:** Chicken broth

**Lunch:** Chicken and white rice seasoned with salt & pepper

**Mid afternoon snack:** Chicken broth

**Dinner:** Fish and white rice seasoned with salt & pepper

**Drinks:** Water

**8PM TILL 8AM: 12 hours fasting**

Water

Commence testing after 8am.