

- 4) Remove the straw from the test tube and screw the tube cap back on top of the test tube firmly.
- 5) Note: the rubber stopper on the white test tube cap is for laboratory extraction purposes only, and does not have anything to do with the breath specimen collection process.

 Commonwealth Laboratories, Inc.
DATE _____
PATIENT _____
DOCTOR _____
SAMPLE # _____
TIME _____

6) Be sure to complete and apply the included test tube labels to each individual test tube. Make certain to label each sample number correctly.

HOW TO RETURN YOUR BREATH SPECIMEN TO COMMONWEALTH LABORATORIES:

**NOTE: Included in each test kit is a prepaid UPS return shipping label for your use (for Mass. residents, a Business Reply Label for USPS). All shipping charges are incurred by Commonwealth Laboratories.*

- 1) After completing your test, place your collection tubes in the bubble bag(s) provided.
- 2) Place the bubble bags and the completed lab requisition form in the same box in which the kit was sent to you. **Please note:** If Commonwealth Labs shipped the kit directly to you, then your physician's signature is on file at the lab and we do not need it on the laboratory requisition form.
- 3) Seal the box, and then apply the prepaid return shipping label over the box.

4) Upon completion of your test, take the package to any one of the following:

- Your nearest UPS drop box (Massachusetts residents: please use USPS)
- Your nearest UPS Shipping Center
- Your nearest UPS Store
- Packages can also be handed to any UPS driver, should you see one in your area. The driver will scan the package and send it to where it needs to go.

To find your nearest UPS drop box, shipping location or store, simply call (800) 742-5877 (1-800-PICK-UPS) or visit www.UPS.com and click the "find locations" tab on the left side of the screen.

As always, if you have any questions, please contact us at the Laboratory using any of the contact information above.

****Please be advised that, barring any medication or health restriction, this kit should be returned to Commonwealth Laboratories within 30 days (1 month) of its receipt or the patient will incur a cost of \$40.00 to cover the cost of the test kit. If you cannot adhere to this timeframe because of health or medication restrictions, please notify the lab so we can note this in your record.**



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SMALL INTESTINAL BACTERIAL OVERGROWTH (SIBO) BREATH TEST

PLEASE TAKE THE TIME TO READ THIS INSTRUCTION MANUAL THOROUGHLY, AND IN ITS ENTIRETY, BEFORE ADMINISTERING THE TEST. THANK YOU.

Kit Contents:

- One (1) 5.75" wrapped collection straw
- One (1) sugar substrate packet for ingestion
- Ten (10) test tube labels
- Ten (10) vacuum-sealed collection tubes
- Two (2) bubble wrap bags for packaging and mailing of samples
- One (1) prepaid UPS return shipping label (for Massachusetts residents, a Business Reply Label for USPS)

Time Requirements:

- Dietary restrictions are required for 24 hours prior to the test, please see enclosed information.
- Test takes 3 hours to perform, please plan accordingly.

Test Restrictions:

- Discontinue the use of any probiotics for 4-5 days prior to taking test.
- Discontinue the use of any antibiotic for 2 weeks prior to taking the test.
- Do not smoke for at least 1 hour prior to the test, or at any time during the 3 hour test.
- Do not sleep or exercise for at least 1 hour prior to the test, or at any time during the 3 hour test.
- Do not ingest anything other than water while fasting or during the test.
- Consult with your physician if you are on a specialty diet or any medication you feel may conflict with the test.

Patient Preparation Guidelines:

*It is advised that any question related to a specific health issue be addressed with your physician or nutritionist before consulting with Commonwealth Laboratories. Any questions specific to the test can be directed to Commonwealth Labs.

There is a 24-hour preparation period before taking the test; the first 12 hours require a specific diet, and the last 12 hours require a complete fasting period; however, you may brush your teeth.

1) Patient must fast for *12 hours* before taking the test. (Drinking water is acceptable before and during the test.)

2) Patient must avoid the following foods for 12 hours leading up to the additional 12 hour fasting period:

- Grain products
- Fruits (including fruit juices)
- Sugar (in any form)
- All dairy products
- Vegetables
- Nuts and seeds
- Any beverage containing alcohol
- Beans

Permitted (and suggested) foods during the 12 hours prior to the 12 hour fasting period:

- Baked or broiled seafood, chicken or turkey, lean beef
- Crisp bacon, lean pork
- Eggs
- Plain, steamed white or brown rice
- Plain coffee or tea

Commonwealth Labs suggests beginning the 24 hour preparation period in the morning, with your last meal being dinner. From there, you can include the time you are sleeping in your 12 hour fasting period, taking the test the following day.

Performing the Test:

1) Mix the FULL packet of enclosed substrate into 4 oz. of water

***Note: If performing this test on child under 22 lbs., consult physician before mixing full packet of substrate. Physician may recommend mixing a lesser amount.*

- 2) DO NOT DRINK YET, SET DRINK ASIDE.
- 3) Collect your first (baseline) breath specimen in a collection tube.
- 4) Consume drink immediately following the collection of the first (baseline) breath specimen.
- 5) Wait 20 MINUTES after drink consumption and collect specimen number 2.
- 6) Wait 20 MINUTES after collection of specimen number 2 and perform collection of specimen number 3.
- 7) Wait 20 MINUTES after collection of specimen number 3 and perform collection of specimen number 4.
- 8) Repeat steps 5-7 for the remaining 6 collection tubes.
- 9) You are finished after collecting specimen number 10.

Please see below for instructions on how to collect your breath samples, as well as how to package and ship the samples back to our laboratory.

Collection of the Breath Samples:

- 1) Unscrew the top of the test tube and remove the top. Unwrap the collection straw and insert the straw half way into the collection tube.
- 2) Take a normal breath in (do not inhale deeply), and then close your mouth around the collection straw and exhale through the straw and into the test tube normally.
- 3) Exhale normally into the test tube for 2 to 5 seconds until you see the condensation from your breath fill the walls of the test tube.