



# PREPARATORY REGIMEN

## SIBO/IMO screening breath test



As a reminder, this diet must be followed for a minimum of 24 hours before taking the test. This diet involves avoiding all fermentable foods (all fermentable carbohydrates such as FODMAPs, resistant starches, etc.). If you suffer from constipation or delayed gastric emptying, your healthcare professional may recommend that you follow this diet for 48 or even 72 hours, rather than 24 hours.

### List of permitted foods:

- ✓ All fresh or frozen meats/poultry/fish, without additives and not brined. Cooked ham is allowed (nitrite-free).
- ✓ Use clear (homemade) broth made only with the meat. Do not use bones, cartilage, or poultry skin. Do not use vegetables, herbs, or spices. Choose very fresh meats; avoid aged red meats.
- ✓ Eggs, only soft-boiled, fried, scrambled or in an omelet.
- ✓ **Fats and oils:** A small amount of oil is permitted for cooking, such as coconut oil, olive oil, and other vegetable oils. Lard, beef fat, and goose or duck fat are allowed. Butter is prohibited unless it has been clarified beforehand.
- ✓ White rice (or rice vermicelli) should be rinsed several times before cooking and cooked for a long time in plenty of water until very soft with highly swollen grains (overcooked). Choose only white rice or jasmine/Thai rice vermicelli. Whole grain or semi-whole grain rice, and other varieties like basmati (which ferments too easily), are not recommended. Rice should be eaten hot, not chilled or refrigerated and reheated later. The portion of rice / or rice noodles allowed per meal is 80-100g cooked max.
- ✓ Very well-cooked mashed potatoes are permitted. Choose floury potatoes (such as Bintje, Agria, Marabel, Manon, or Victoria). The potatoes should be peeled and soaked for a few minutes in cold water to rinse off the starch. They should then be cut into small pieces and cooked in plenty of water until very soft (overcooked). The mashed potatoes must be prepared without milk or other dairy products and eaten hot. Adding salt, pepper, or a small amount of ghee (clarified butter) or olive oil is allowed. Mashed potatoes are only permitted for breakfast or lunch; do not eat them for dinner the night before the test. The portion of mashed potato per meal is 80-100g cooked max.



- ✓ Salt and pepper only. No spices or herbs allowed.
- ✓ Light coffee and/or plain light black tea (without flavorings). Do not drink more than one cup per day, without sugar, sweeteners, cream, or milk. No green tea, herbal teas, or infusions. Avoid strong coffees and long-steeped black teas.
- ✓ Pure still water. Carbonated, flavored or sweetened/sweetened water is prohibited.
- ✓ Bread: If you wish to eat bread, consume only fresh, toasted white bread. It must be toasted before eating, and only in small quantities (1 slice). Check that the bread contains no additives. Toast is only permitted for breakfast; do not have it for lunch or dinner the day before the test.

### List of prohibited foods:

- ✓ Alcohol (wine and other alcoholic beverages or products).
- ✓ Sweets, chocolates, cakes, chewing gum, ...
- ✓ Honey, jam, fruit jelly, sugars and sweeteners.
- ✓ Dairy products and dairy fats such as cream or butter (except ghee = clarified butter which is allowed).
- ✓ Cereals, pseudo-cereals, legumes, tubers other than Thai/jasmine rice and potatoes.
- ✓ Seeds and oilseeds.
- ✓ Breads labeled "gluten-free" often contain additives such as gums (guar or xanthan) or other added fibers.
- ✓ All fruits and vegetables.
- ✓ Herbs and spices (except salt and pepper).

