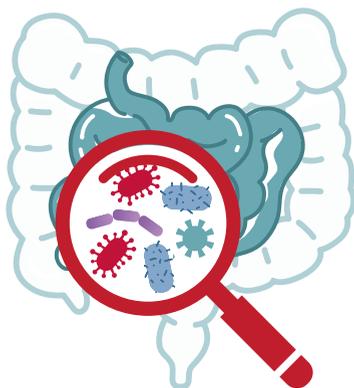




PREPARATION PROTOCOL & SAMPLING PROCEDURES

SIBO/IMO screening breath test

*“Small Intestinal Bacterial Overgrowth”
“Intestinal Methanogen Overgrowth”*

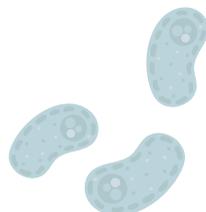


IT IS ESSENTIAL TO READ THE ENTIRE DOCUMENT BEFORE INITIATING THE SAMPLING PROCEDURE.

FAILURE TO STRICTLY FOLLOW THIS PROTOCOL MAY COMPROMISE THE RELIABILITY OF THE TEST.



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ALL INSTRUCTIONS PROVIDED IN THIS DOCUMENT MUST BE STRICTLY FOLLOWED FOR AN INITIAL BREATHE TEST AS WELL AS FOR A POST-TREATMENT FOLLOW-UP TEST

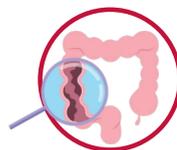
The only exception is the post-treatment control test mentioned in the box at the bottom of the page.

Step 1 Prerequisites to be met during the month preceding the test

4 WEEKS before the test

You must wait 4 weeks to take the breath test if:

- You have undergone a colonoscopy or colon hydrotherapy examination or a barium radiographic examination (barium transit).
- You have taken an allopathic antibiotic (flagyl, rifaximin, neomycin, amoxicillin, penicillin, fosfomycin Monuril®, etc.) or natural antimicrobials (essential oils taken orally, berberine, allicin, etc.). This instruction also applies to allopathic antifungals (fluconazole, itraconazole, nystatin, etc.) and natural antifungals that are also antibiotics (caprylic acid, grapefruit seed extract, berberine, lapacho, etc.).



Exception: If you have already had an initial breath test, and following this positive test you have undergone treatment with antibiotics or natural antimicrobials, there is no need in this case to respect the 4-week period, since the control breath test (re-test) must then be carried out between 7 and 14 days after the treatment.

**1 WEEK before
the test**

You must stop 1 week before the breath test:

- Oral laxatives, whether allopathic (macrogol, bisacodyl such as Dulcolax®...) or natural (senna, psyllium, hydrolyzed guar gum, high-dose vitamin C, magnesium salts...), are not recommended. It is also advised to discontinue the consumption of mineral waters rich in magnesium salts, such as Hépar or Contrex.

intestinal chelating agents (clay, charcoal, zeolite...).

- foods or products containing probiotic bacteria or yeasts (probiotic supplements, kombucha, kefir or other fermented drinks, yogurts and lacto-fermented foods).

Note: If you cannot do without laxatives, please inform your healthcare professional. They may advise you on an alternative solution or, for example, decide to allow you to stop taking laxatives only 2 to 4 days before the test.

You must stop 48 hours before the breath test:

**2 DAYS before
the test**

- antidiarrheals (loperamide) or prokinetics and/or antiemetics whether allopathic (prucalopride, metoclopramide, domperidone...) or natural (triphala, 5-HTP, ginger...).

Except in cases of absolute necessity, antacids / acidity blocking drugs (proton pump inhibitors PPIs, antihistamines, H2 blockers such as Famotidine®, gastric dressings such as Maalox® or Gaviscon®, lithothamnium...).

digestive enzymes, products that increase gastric acid secretion (betaine HCl or bitter herbs), bile salt supplements.

In general, you should avoid any non-essential medication or supplement during this 2-day phase.
If in doubt, contact the healthcare practitioner who recommended the Breath Test to you.



Step 2

Instructions to follow during the two/three days preceding the test

A preparatory diet must be followed for at least 24 hours before 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.



FAILURE TO FOLLOW THESE INSTRUCTIONS MAY FAULT THE TEST AND LEAD TO FALSE POSITIVES.

You can access details of the preparatory diet and the list of allowed and prohibited foods by scanning this QR code.



Step 3

Instructions to follow during the 12 hours preceding the test

The night before the test, eat dinner early (at least 3.5 hours before bedtime) with a light, low-fat meal.

A mandatory fast of at least 12 hours must be observed before the test.

If you wish to take the test the following day at 8:30 am, you must therefore have finished your meal the day before before 8:30 pm.

During these 12 hours of fasting, drink nothing but still water (no sparkling water). It is important to stay well hydrated during this fasting period.



Smoking and vaping are prohibited during these 12 hours!

Step 4 THE DAY OF THE TEST... UNTIL THE END OF THE TEST

From the moment you wake up until the end of the test, FOLLOW THE FOLLOWING INSTRUCTIONS:



- Do not smoke or be in contact with cigarette smoke (passive smoking).
- Do not chew gum.
- Avoid any product containing alcohol or mint.
- Do not use perfume, aftershave lotion, deodorant or makeup.
- Do not lie down or engage in any physical activity.
- Eat nothing.
- Do not drink anything (not even water), except for the test substrate*
- Do not take ANY SUPPLEMENTS or MEDICATION before the end of the test

**Test substrate = sachet of lactulose (10g/15ml) to be diluted in a glass (20 to 25 cl) of still water*

CERTAIN ISSUES MAY JUSTIFY POSTPONING THE TEST

- Viral or bacterial infection of the ENT tract, gastroenteritis. A minimum of 2 weeks must pass before performing the breath test.
- Any change in bowel movement frequency: unusual constipation or episodes of severe diarrhea
- In general, you should not perform the breathing test if you are sick (a simple "cold" can affect respiratory exchanges and impact the reliability of the test).

PROCEDURE FOR THE BREATH TEST SAMPLING METHODS

MATERIAL



10 x sampling tubes and
10 labels



1 x substrate sachet
(lactulose 10g/15ml)



Adapter

You will also need a mouthwash containing chlorhexidine or hexetidine, which can be obtained from a pharmacy.

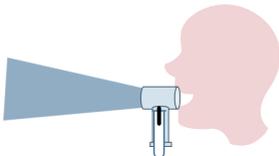
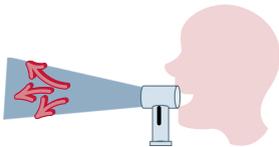


Get up **ONE HOUR BEFORE THE TEST** and brush your teeth with plain water (preferably with a new toothbrush)

10 MINUTES BEFORE THE TEST, rinse your mouth with the solution containing chlorhexidine or hexetidine and then rinse your mouth several times with clean water.

Just before starting the test, dissolve the sachet of lactulose (=substrate) in a glass of water. But be careful: do not drink the solution yet.

- To collect samples of exhaled gases, blow into the tubes connected to the supplied adapter, proceeding as follows:



- Take a deep breath, then place the adapter tip in your mouth and start blowing to fill the small blue bag with air.
- When you are about halfway through exhaling, and the blue bag is full, place a tube over the needle for one to two seconds.
- Remove the tube before you have completely finished exhaling.



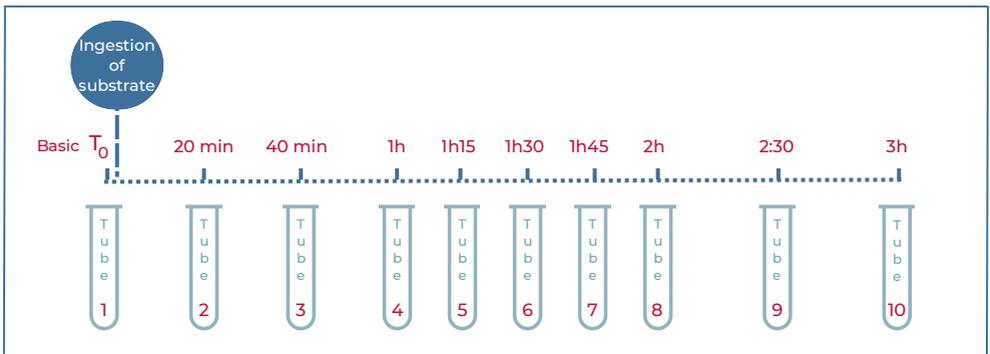
Do not blow into the tubes while lying down, but remain seated or standing (as you prefer).

After each sample is taken, be sure to complete the label with your first and last name and stick the label on the corresponding tube.

- An initial breath sample is taken before swallowing the test substrate (Time 0 = tube 1). This first measurement, called "baseline", is crucial for the results to be interpretable.

NOT IN CASE OF A DAMAGED TUBE, PERFORM THE BASAL REPAIR AND DO NOT THE FINAL MEASURE.

- Once this first basal measurement has been carried out without the test substrate, drink all of the lactulose solution.
- After ingestion of the substrate, start a timer to collect a sample, proceeding in the same way, every 20 minutes for the first 60 minutes (20 – 40 – 60), then every 15 minutes for the next 60 minutes (1h15 – 1h30 – 1h45 – 2h), then every 30 minutes (2h30 – 3h).
- The total number of tubes is 10 (including 1 tube which is used for measuring the baseline value).



- When your 10 tubes are filled and properly labeled:
- Place them back in the box provided for this purpose.
- Send them to the Lims laboratory immediately.

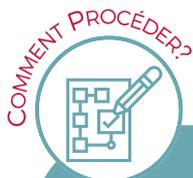
- Would you like a summary diagram of the protocol? A short video explaining the sampling procedures?

Visit our website by scanning this QR code.



DO YOU HAVE ANY QUESTIONS?

TALK TO YOUR HEALTHCARE PRACTITIONER
ABOUT IT.



Equipment can be ordered from our Logistics department, by phone at +32 (0)10 870 834 or 0800 943 946 (freephone number from France) or by email at logistique@mbnext.be.

IT IS ESSENTIAL TO READ THE ENTIRE DOCUMENT BEFORE INITIATING THE SAMPLING PROCEDURE.



FAILURE TO STRICTLY FOLLOW THIS PROTOCOL MAY CALLED INTO QUESTION THE RELIABILITY OF THE TEST.

THERE WILL BE NO POSSIBILITY OF RETAKING THIS TEST IF IT WAS NOT CARRIED OUT CORRECTLY.