7 Simple Steps for Hydrogen and Methane Breath Testing

This document is only a summary of the Instructions for Use that are included in your test kit. Be sure to read all instructions prior to taking your test.

**Time of Test:**
Small Intestinal Bacterial Overgrowth (SIBO) 10 Tube: 2 hours and 15 minutes
Fructose, Sucrose, and Lactose Malabsorption: 3 hours and 20 minutes

**STEP 1** Fill out the Form
Fill out the Requisition Form, sign and date. Do not fill out the Provider Information section.

**STEP 2** Mix the Substrate
Mix the substrate packet into 8 ounces of room temperature water. **DO NOT DRINK YET.**

**STEP 3** Collect Sample #1
Select a tube and insert the straw halfway, exhale normally for 3-5 seconds until condensation forms on the sides of the tube, then screw the cap back on securely.

**STEP 4** Label Sample #1
Fill out the label completely and apply to the side of the tube.

**STEP 5** Drink the Substrate
Drink the substrate mixture immediately following the collection of Sample #1 and wait 15 minutes before collecting Sample #2 (wait 40 minutes for malabsorption tests).

**STEP 6** Repeat Steps 3 and 4 for all tubes.
Continue collecting and labeling samples every 15 minutes until all tubes are used (every 40 minutes for malabsorption tests).

**STEP 7** Ship back to CDI
Place the tubes into the bubble wrap, apply the provided shipping label to the box, and ship back to CDI. We must receive the samples within two weeks of collection.

www.Commdx.com - Phone: 1(888)-258-5966 - Fax: 1(888)-258-5973 - info@commdx.com
Copyright © 2017 Commonwealth Diagnostics International, Inc.
LA-069 Rev A