

7 Simple Steps for Hydrogen and Methane Breath Testing

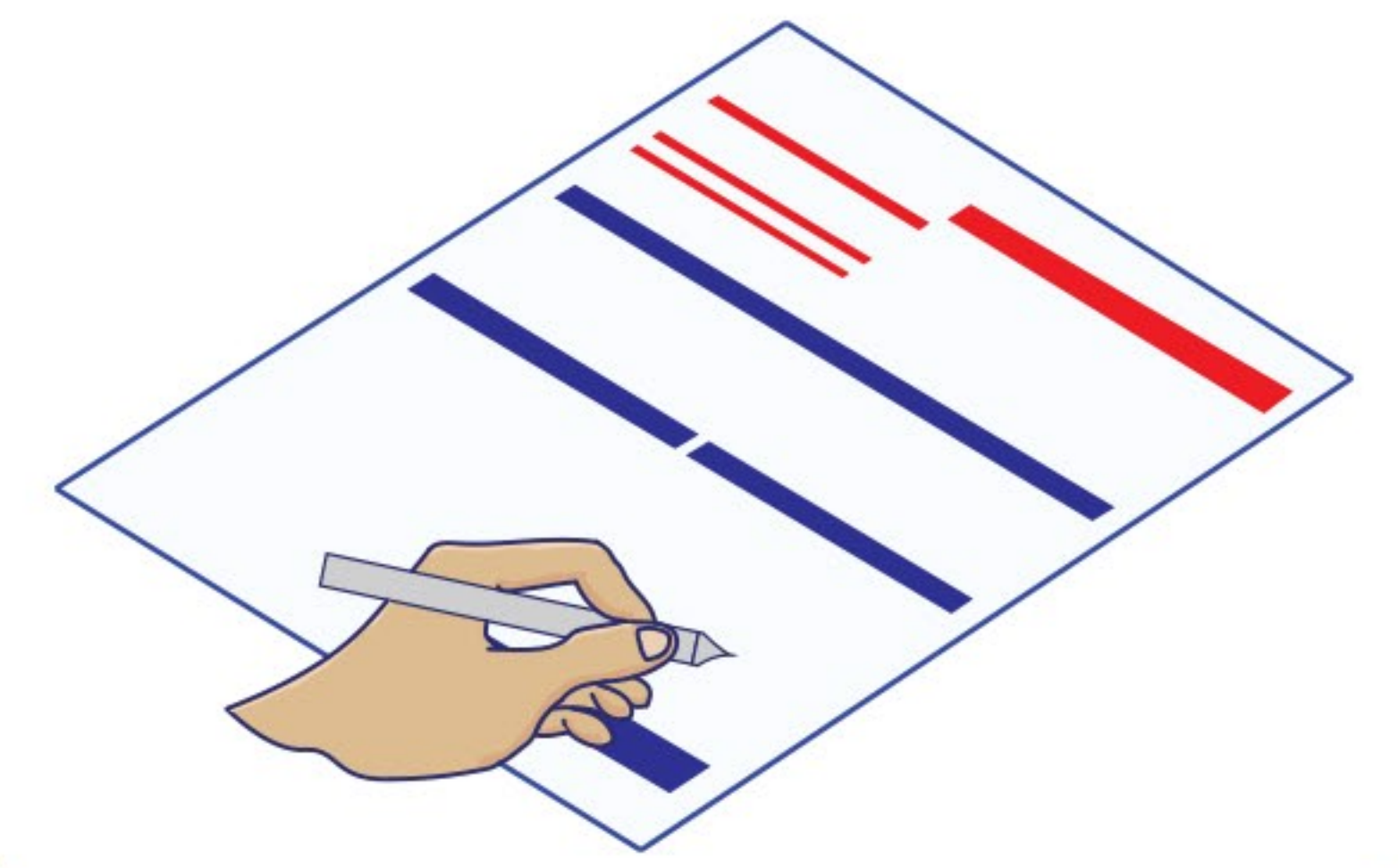
This document is only a summary of the Instructions for Use that are included in your test kit. Be sure to read **all** instructions prior to taking your test.

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

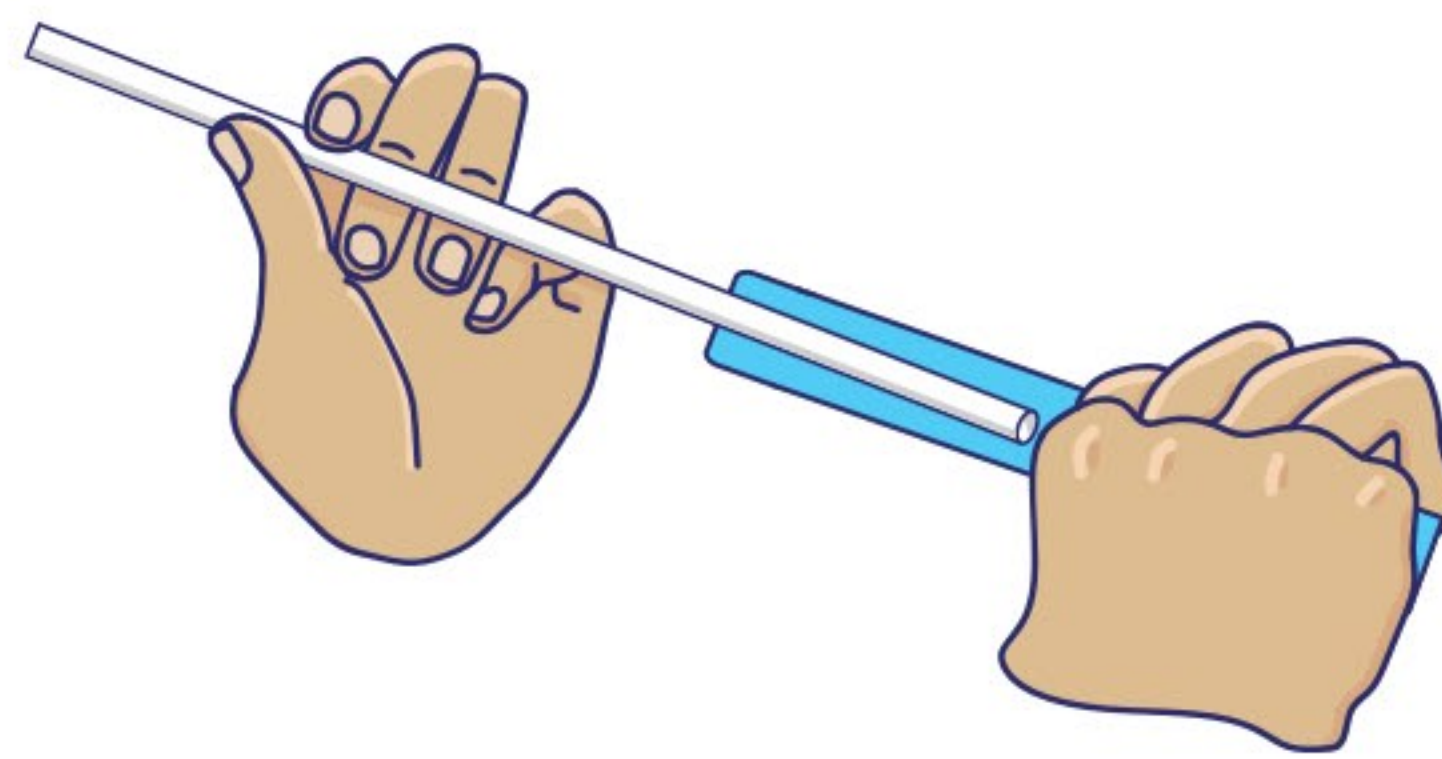
Mix the Substrate



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

STEP 3

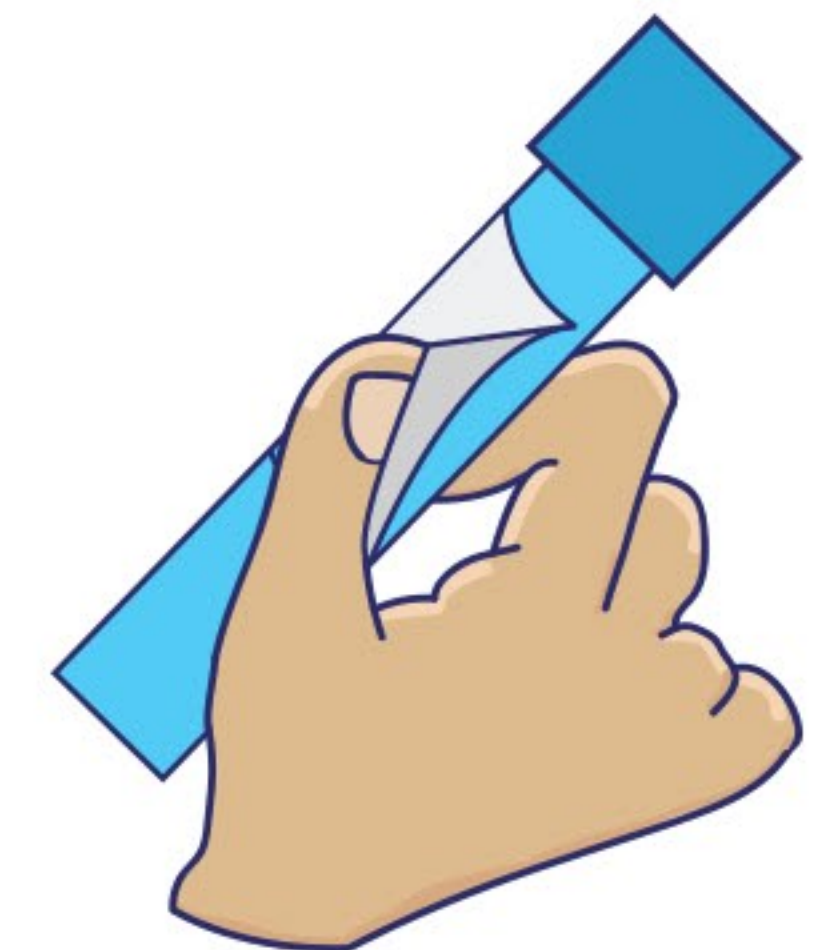
Collect Sample #1



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

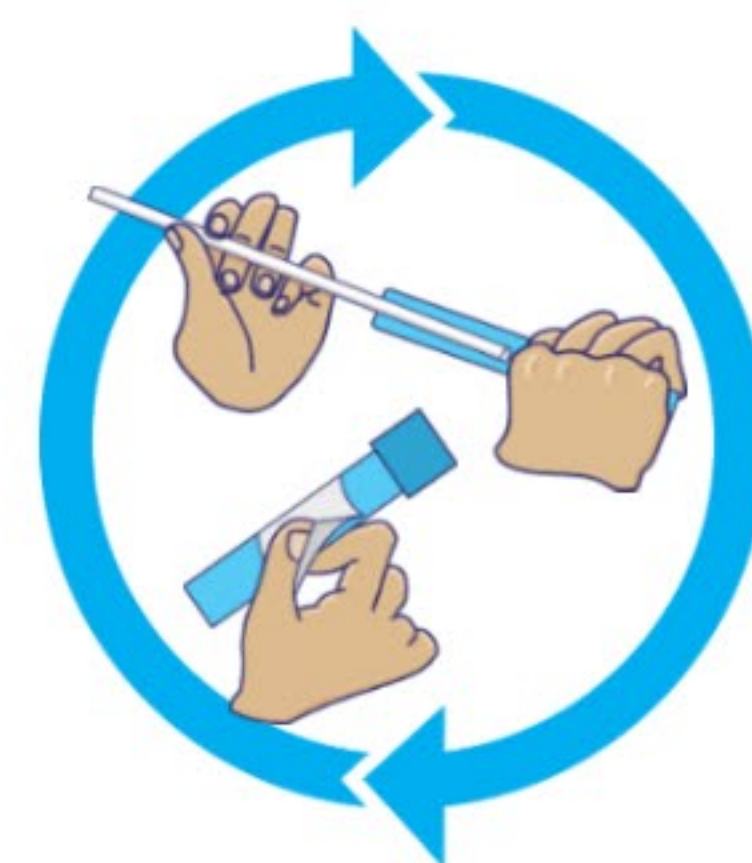
Drink the Substrate



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

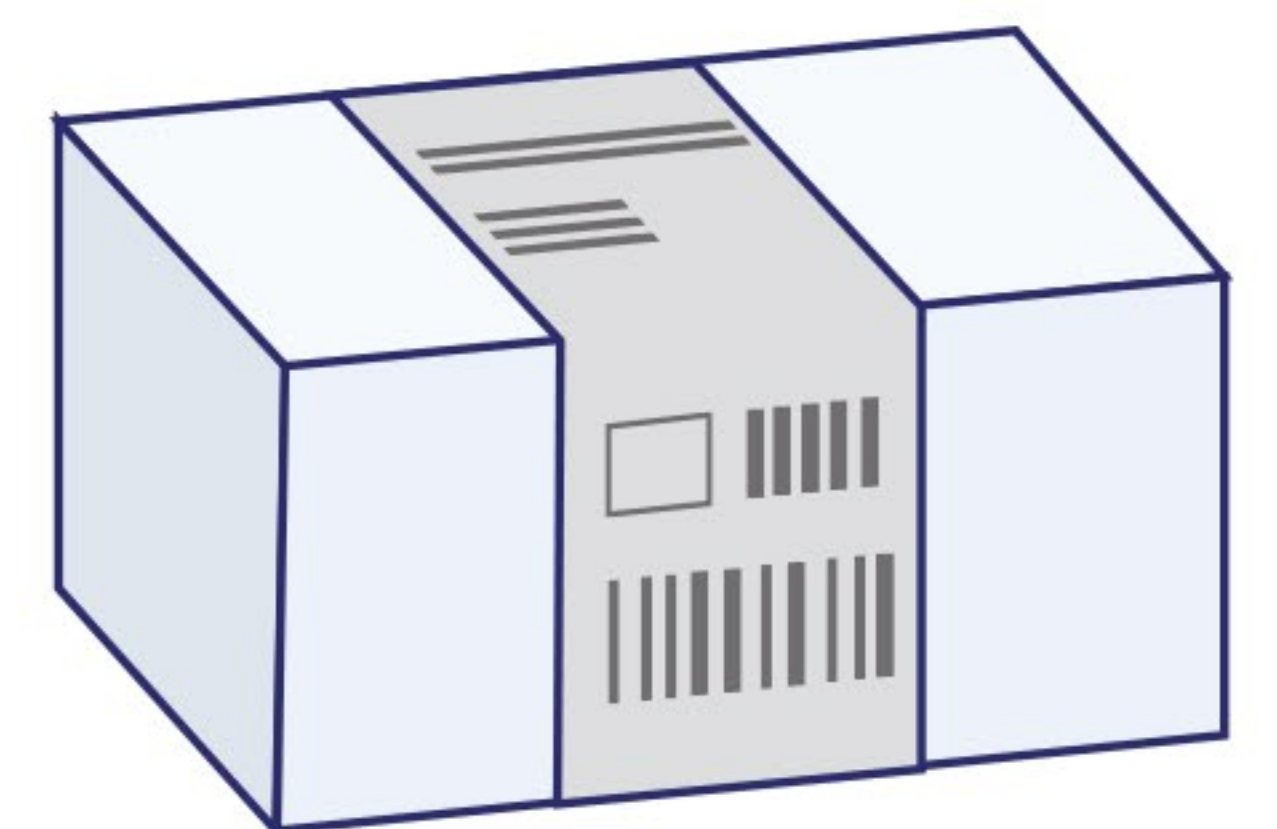
Repeat Steps 3 and 4 for all tubes.



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.**