

COLLECTION INSTRUCTIONS

Your SIBO breath test collection

This test measures the hydrogen and methane in your breath after you drink a sugar solution. Bacteria in the small intestine produce these gases – so the pattern over a few hours helps show whether there's an overgrowth.



A simple test you do at home

Your kit is posted directly to you – no collection centre visit needed. You'll collect timed breath samples across a morning, then mail them back to the lab.



One sugar, or more than one – each on its own day

Your kit contains **one or more sugar solutions** (glucose and/or lactulose). The collection is **exactly the same** for each one. If your kit has **more than one**, do each sugar on a **separate day** – never both together – leaving a gap between them. If it has just one, you will do a single test day.



One day per sugar

glucose and/or lactulose



12-hour fast

before each test day



~ 3 hours

of timed breath samples

Plan your morning. Do each test day on a **Sunday, Monday or Tuesday**, and set aside an **uninterrupted morning of about 3 hours** – the timing of each breath sample matters. Don't test during an acute infectious illness.

A note on the solutions. If your kit includes the **lactulose** solution, note that it contains galactose and lactose – it isn't suitable if you've had an allergic reaction to lactulose or follow a galactose/lactose-restricted diet, and should be used with caution if you're diabetic. Check with your practitioner if you're unsure.

Check your kit

- Mouthpiece & breath bag
- Your sugar solution(s)
- Specimen transport & bubble-wrap bags
- Reply-paid padded envelope
- Vacuum breath-collection tubes
- Collection labels
- Request form
- Collection instructions

1 Before each test day

Follow this same preparation before **every** test day – and before each sugar, if your kit has more than one. Only stop a medication if it's safe to – always follow your practitioner's advice.

2-4 WEEKS

Wait at least **4 weeks** after a colonoscopy or barium enema, and **2-4 weeks** after your last course of antibiotics, antifungals or Pepto-Bismol.

7 DAYS

Avoid **laxatives, stool softeners and bulking agents**, and antacids containing **aluminium or magnesium hydroxide**.

24 HOURS

Eat **only from the allowed list below**, and **don't take probiotics**.

12 HOURS

Fast – water only. No non-essential medications or supplements (unless your doctor advises), and no chewing gum, lollies or mouthwash until the test is finished.

1 HOUR

No **smoking** (including second-hand), no **sleeping** and no **vigorous exercise** – before or during the test. **Don't use toothpaste.**

The day before: what you can eat

For the 24 hours before each test, eat **only** these plain foods (salt and pepper are fine):

- Baked or grilled chicken, fish or turkey
- White bread (only)
- Clear chicken or beef broth (no bits)
- Eggs
- Plain steamed white rice
- Water, plain tea or coffee

No sugar, sweeteners or milk in drinks. **Vegetarians** may have tofu with salt and pepper.

2 On the test day

1 Get set up

- 1 **Label your tubes in collection order** with your name and the tube number, using the labels provided. Your kit has spare tubes – extras can be discarded.
- 2 **Brush your teeth and tongue** (including the back of your tongue) **without toothpaste or mouthwash**, then rinse with water.
- 3 Mix that day's **sugar solution** as directed and set it aside – you'll drink it straight after your first (baseline) sample.

2 Take each breath sample

- 1 Note the time on the tube label and on your kit's schedule card. Hold the **mouthpiece/bag** in one hand and the tube in the other. **Don't put a finger inside the mouthpiece – there's a needle inside.**
- 2 Breathe normally, take a breath and **hold it for ~5 seconds**, then seal your lips around the mouthpiece and **exhale normally into the bag until it fills**. Don't blow hard.
- 3 Keeping the bag full, **press the tube onto the side of the mouthpiece** so the needle punctures it and air fills the tube. **Don't inhale.**
- 4 **Remove the tube within ~2 seconds.** Don't unscrew its cap. Place it in the bubble-wrap bag. (Don't open or loosen tubes – it breaks the vacuum.)

Your first sample is the baseline (0 min), taken before you drink anything. Straight after it, drink the **whole sugar solution within 5 minutes** and note the time. Don't drink water for 1 hour afterwards. Then take the remaining samples at the times below.

Sample	After drinking	Example time	Your time
1 – baseline	before drinking	8:00 am	—
2	30 min	8:30 am	—
3	60 min	9:00 am	—
4	90 min	9:30 am	—
5	120 min	10:00 am	—
6	150 min	10:30 am	—
7	180 min	11:00 am	—



More than one sugar? Repeat on a separate day

If your kit came with **more than one** sugar solution, repeat everything on a **separate day** – the same 12-hour fast, preparation and timed collection – using the next sugar. Keep each day tubes clearly labelled (for example, glucose vs lactulose) so they do not get mixed up. If your kit had just **one** sugar, you are all done once this collection is sent.

3 Packing & sending

Return your samples as directed in your kit – the sooner the better.

- 1 Place your capped tubes (in the bubble-wrap bag) and the mouthpiece into the **specimen transport bag**.
- 2 Check your **request form** is complete and that every tube is labelled with your name, the sample number and the collection time. Add the form to the transport bag.
- 3 Seal everything in the **reply-paid padded envelope** and post it back via your nearest Royal Mail outlet or express post box.

Keeping your times matters. The result depends on accurate timing, so make sure you've recorded the actual time of every breath sample (and when you drank each solution) on the labels and schedule card.

Before you post – quick check

- ☒ All samples collected at the **right times** (times recorded)
- ☒ If more than one sugar: **each day done** and clearly labelled
- ☒ Tube caps **left on** (never opened or loosened)
- ☒ Request form **complete**

Your results: Once the lab receives your samples, your results and personalised insights appear in your secure i-screen dashboard. We'll email you as soon as they're ready. Unsure of anything? Email us at **info@i-screen.ai** before you begin.