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**Small Bowel Bacterial Overgrowth Hydrogen Test (SIBO)**

Patient's Name: \_\_\_\_\_ Date: \_\_\_\_\_ Time: \_\_\_\_\_

**THIS TEST IS PERFORMED BY NURSES ON THE 3<sup>RD</sup> FLOOR.**

● **How to I prepare for the test?**

The hydrogen breath test cannot be done following a colonoscopy, barium enema, or any test that require a bowel prep to be given. The bowel prep will cleanse the bacteria. You must wait four weeks to have a breath test done to allow the bacteria to re-establish.

● **4 weeks before the test:**

DO NOT take any antibiotics or Pepto-Bismol. DO NOT undergo colonoscopy, barium enema, or other test that requires prep or cleansing.

● **24 hours before the test:**

Before you start your breath test, a 24 hour preparation is required consisting of a 12 hour restricted diet and a 12 hours fasting period.

● **First 12 hours of Restricted Diet:**

Limit your foods to those below:

- You may drink plain water, coffee or tea (no sugar, artificial sweeteners or cream added)
- Baked or broiled chicken, fish or turkey. (Salt and pepper only).
- Plain steamed white rice.
- Eggs
- Clear chicken or beef broth.
- White bread (only)

● **Second 12 hours before test:**

DO NOT eat or drink anything, **EXCEPT** water.

● **8 Hours before test:**

DO NOT drink or eat anything **INCLUDING** water.

- **Day of the test**

DO NOT SMOKE. Avoid second-hand smoke. DO NOT chew gum. DO NOT use mouthwash. Use only a small amount of water when you brush your teeth.

- **The testing procedure lasts about 3 hours.**

- **After the test:**

- Preliminary results of the test will be discussed with you.
- Final test results will be revised by your physician.
- You may resume normal activities.
- You may resume your normal diet.

### **FACTS ABOUT SMALL BOWEL BACTERIAL OVERGROWTH HYDROGEN TEST**

- **What is the hydrogen breath test?**

This test is used to identify abnormal growth of bacteria in the intestine.

- **What is bacterial overgrowth in the intestine?**

Normally, small amount of bacteria are found in the intestines. IF there is a significant increase in the amount of bacteria, food and nutrients are not absorbed properly. Bacterial overgrowth can result from slow transit of food through the bowels or from certain medications. Symptoms may include abdominal pain, bloating, gas and diarrhea.

- **What happens during the hydrogen breath test?**

A breath sample will be collected and tested for the presence of hydrogen. To obtain a sample, you will be asked to blow up a balloon-type bag. Normally, very little hydrogen is detected in the breath. You will be given a pleasant tasting solution to drink. Breath samples are collected every 20 minutes for 3 hours to detect any increase of hydrogen in the breath as the solution is digested. Increased hydrogen breath levels indicate improper digestion.