

Instructions for Breath Hydrogen and Methane Fructose Intolerance Test

Please read the instructions carefully before you start the test and familiarise yourself with the test procedures. The test results will only be valid if the samples are correctly collected.

1. Verify the kit contents are complete (see below). If you are missing items, please contact us using the details in the header of this letter.
2. This test **must not** be performed on the same day as any of our other breath tests (e.g., lactulose (SIBO) or lactose intolerance).

You will need:

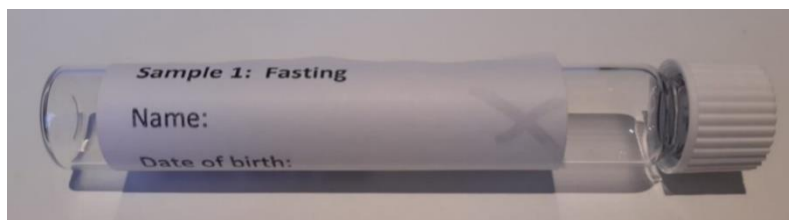
- 25G Fructose sachet
(Prepare by mixing with 200mL water)
- Blue "EasySampler" mouthpiece and bag
- 4 x Glass collection tubes (**do not** remove caps)
- 4 x Sample tube labels (fasting, 60, 120 & 180 mins)
- Bubble wrap packet for returning sample tubes
- Sample request form
- Instruction sheets
- Postal return items including cardboard box, security sticker, and pre-paid postal bag

Collection Instructions:

1. **Please read & follow** the "Dietary Advice" and "Sample Collection" instructions on pages 2 and 3 before performing the test.
2. Collect your first breath sample into the first collection tube. **Do not** remove the cap from the glass tube at any point as this will invalidate the sample. Fill in and use the "Fasting" sample label.
3. Mix the fructose sachet contents with 200mL water and drink the solution. Please ensure that you use the full sachet, as not ingesting the entirety of the 25G fructose provided may cause inaccurate results.
4. Wait 60 minutes and collect your next breath sample.
5. Complete the 60-minute label and attach to the tube.
6. Repeat steps 4 – 5 at 120 minutes (2 hours) and 180 minutes (3 hours), labelling each sample consecutively. Please note that once a tube has been used it cannot be reused.
7. On completion of sample collection for all 4 tubes, place the tubes in the bubble wrap bag carefully.
8. Place this into the cardboard box provided, place the security seal sticker over the opening in the box and place the box within the pre-paid postal bag.

Important Information:

- If you are late collecting a sample, please collect the sample at the earliest opportunity and accurately record the later time that the sample was taken. Continue collecting the remaining samples at the **original** timescale.
- (e.g., Fasting: 0 mins, Sample 1: 60 mins, Sample 2 (Delayed): 130 mins, Sample 3: 180 mins)
- Please note the consumption of fructose can soften the stool for some individuals.
- Please attach the label with your information onto the correct tubes in the orientation as shown below:



Dietary Advice for the Day prior to starting your Hydrogen and Methane Breath Test

You should wait 14 days after completing a course of antibiotics or other antimicrobial treatment before undertaking breath hydrogen & methane tests. Avoid probiotics for 48 hours before the test. Please do not eat or drink anything except water for 14 hours prior to the test.

You should fast for at least 14 hours before you start collecting your breath samples, this means you should not eat any food and only have water to drink. You should continue this fast during the test period and therefore most people prefer to commence the test early in the morning to limit the length of their fast.

Do not sleep or exercise vigorously for at least 1 hour before, or at any time during, the test. Do not smoke for at least 45 minutes prior to the start of the test or during the test.

On the day before the test **do not** eat high fibre or slowly digesting foods. Foods to avoid include:

- Bran, oats, and wheat-based cereals.
- Coarse breads (wholegrain, granary and soft grain varieties)
- Dairy products (i.e., milk, cheese, ice-cream, yoghurt, and butter)
- Beans and high fibre vegetables & their skins (i.e., potatoes, lentils, peas, carrots, broccoli, cabbage & celery)
- Fresh & dried fruits
- Wholegrain breakfast cereals, nuts and seeds
- Starches except for boiled white rice (i.e., **DO NOT** consume, potatoes, pasta, or brown rice)
- Herbs and spices
- Foods & drinks containing lactose or fructose
- Alcoholic beverages

Foods you may consume are:

Chicken, fish, turkey, beef, lamb, pork & ham, eggs, tofu, black/green tea (not herbal) & coffee (without milk), plain boiled white rice, tomato (not skins), breads (white, low fibre and gluten free), jelly and jam - (no artificial sweeteners).

If you are unsure, it's best to avoid the food.

Posting the sample:

1. Place the bubble-wrap bag containing all glass tubes into the white cardboard return box.
2. Place the provided sample request form into the white cardboard return box.
3. Seal the white box with the security seal.
4. Place the white box into the grey postal bag with return label and seal.

IMPORTANT NOTE

We cannot process samples without all patient details included above, written on the sample container. These **MUST** match the sample request form received with this sample.

It is highly recommended to post samples as soon as possible after collection between Monday - Thursday, to minimise delays in the laboratory receiving the sample over the weekend and ensure suitable sample stability.

If you have any further questions, please do not hesitate to contact us using the details in the header of this letter.

Test Kit Instructions

New Lodge, Drift Road, Windsor, SL4 4RR

Tel: +44(0)330 088 3030

Email: support@vivahealthlaboratories.com

Website: vivahealthlabs.com

Viva Health 
Laboratories

Sample collection using the “EasySampler” device

Do not insert your finger into the tube holder of the “EasySampler” at any time – it contains a sharp needle within the rubber housing.

Before taking the test:

1. Carefully remove the collection device from the sealed plastic bag.
2. Ensure you have a mouthpiece with discard bag attached to the tube holder/needle assembly and your 10 glass tubes to hand.

N/B: The blue discard bag has a vent hole in it to prevent overfilling.

Mouthpiece



Tube Holder /
Needle Assembly

Discard Bag

Taking a sample:

1. Hold the “EasySampler” in one hand, and your fasting glass tube in the other
N/B: Do not loosen or remove the caps from these tubes as doing this will invalidate your sample.
2. Partially insert the glass tube into the tube holder, cap first. **Do not push the glass tube onto the needle yet.**
3. Taking a normal breath (**not** a deep breath), seal your mouth around the outside of the mouthpiece and exhale normally.
4. As you exhale the discard bag will fill with air, and some will vent out through the vent hole.
5. When the discard bag is inflated, continue to exhale and press the cap of the glass tube into the needle assembly to puncture the cap of the glass tube with the needle inside.
6. Keep exhaling for 3 seconds with the needle inside the glass tube.
7. Remove the glass tube from the needle assembly before you stop exhaling.
8. Find the “Sample 1: Fasting” label sticker, and fill in your personal details, as well as sample collection time and date. Then stick the label to the tube in the orientation shown on page 2.
9. Drink the fructose solution after mixing with water, as described in page 2.
10. Repeat this sample collection method every 60 minutes after drinking the solution as described in page 2, filling in each label, and attaching them to the glass tube sequentially.

