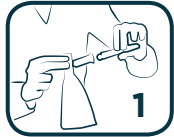


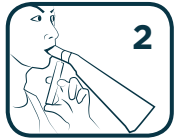
4. Performing the test (Collection steps)

Collect your baseline sample following steps 1-4



1. Hold the EasySampler device in one hand and a collection tube in the other hand.

You will only exhale once per each sample collection. Take a (NOT DEEP) breath in; close your mouth around the mouthpiece and blow out normally.

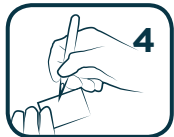


2. Exhale once each per sample collection. As you exhale, the bag fills with air. Keep it inflated. (There is a small hole in the bag - this is intentional).

During your exhalation, insert the test tube into the needle holder completely so the stopper on the tube is punctured.



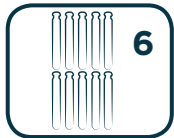
3. Remove the test tube after 1-2 seconds. Keep the bag inflated until after the test tube is removed from the test tube holder.



4. Complete the tube label provided. Make certain you label the Sample # correctly or your results will be inconclusive.



5. Drink the entire test solution you prepared and then wait 20 minutes.



6. Collect one breath sample every 20 minutes until all the test tubes are used. Collect all samples following the Sample Chart and Collection Steps 1-4.

7. Put collection tubes in the bubble bag(s). Place the bubble bag(s), any paperwork, and the EasySampler device back in the cardboard container, and return to the laboratory for analysis.

Return the kit immediately for analysis. Your breath sample is stable for 14 days after collection.

SIBO Breath Test

Patient Preparation Guidelines

1. Getting started

Before you start the breath test, a 24-48 hour preparation is required consisting of a 12 hour restricted preparation diet and a 12 hour fasting period (overnight). Breath samples are then collected every 20 minutes for 3 hours total (1 baseline/control sample & 9 breath samples after ingesting a Glucose or Lactulose solution).

Things to know before you start:

- Do not conduct this test if you have an acute infectious illness or atypical diarrhoea.
- Wait at least 1 month after colonoscopy, Barium studies or enemas before conducting the test.
- Wait at least 2 weeks from your last dose of antibiotics, antifungals or probiotics (including yoghurts) before starting the test.
- **One week prior to testing** please avoid proton pump inhibitors (PPI) for reflux (eg: omeprazole etc), laxatives, stool softeners and/or stool bulking agents, as well as the use of antacids and any other over the counter medication or supplements / herbs that contain fibre or promote bowel movements.
- Continue to take all other medication prescribed by your doctor, for example blood pressure drugs, cholesterol lowering drugs, thyroid drugs, etc.
- **One day prior to testing**, please stop vitamins, minerals and supplements including digestive aids such as enzymes or hydrochloric acid.
- Do not smoke (including second-hand smoke), for at least 1 hour before or at any time during the breath test.
- No sleeping or vigorous exercise for at least 1 hour before or at any time during the breath test.

Important information:

This test uses glucose or lactulose as its testing agent, and is not recommend for individuals who have had allergic reactions to lactulose, are diabetics with a fasting urine glucose concentration >105mg/dl, or are on a galactose/lactose-restricted diet.

2. Preparation diet

Why is the preparation diet so important?

The SIBO breath test is a measure of gases produced by bacteria in the small intestine, having consumed a sugar-laden drink. Plant-based foods and lactose containing foods will also feed these bacteria and they will produce these gases. By adhering to the diet, you will get a clear reaction to the sugary drink and ensure the accuracy and reliability of your results.

How long should the preparation diet be adhered to?

The preparation diet should be adhered to for a minimum of 24 hours prior to starting the test. Your practitioner may request you to follow this diet for 48 hours prior to starting the test if you are very constipated. Please check with your practitioner: it is their decision.

1-2 days before your test

The following list of foods are the ONLY acceptable foods for the preparatory diet - if it is not on this list, DO NOT eat it:

- Baked or grilled chicken, fish or turkey (seasoned with salt and pepper only)
- White bread (only)
- Plain steamed white basmati or jasmine rice (if you are on a grain free diet, please do not consume rice).
- Eggs (cooked any way you prefer)
- Clear chicken or beef broth with (no vegetables pieces) (no bouillon, bone or vegetable broth).
- Olive oil / coconut oil for cooking (1 tbsp only)
- Salt & pepper
- You may drink plain still water, weak black coffee or weak black tea - with NO sugar or artificial sweeteners or milk/cream added.
- NO green or herbal teas

If you are uncertain if something will affect the test, **avoid the product** or consult your practitioner prior to starting the test.

12 hours before starting your test

Begin fasting: DO NOT eat or drink anything, except water.

Example:

You can establish your own time-frames but as an example:

From **8am - 8pm of the day before the test...**

Breakfast: scrambled eggs (made without dairy)

Mid morning snack: chicken broth

Lunch: chicken with white rice seasoned with salt and pepper

Mid afternoon snack: chicken broth

Dinner: fish and white rice seasoned with salt and pepper

Drinks: water

From **8pm - 8am: FASTING** - you can drink water during this time.

The day of the test

Wake up at least 1 hour prior to beginning **the sample** collection. You may brush your teeth as normal, but do not have breakfast. No smoking or vigorous exercise for at least one hour prior to or during sample collection. You may drink water throughout the breath test in moderation.

Once collected:

Keep collected specimens at room temperature.

3. Before starting the test

Please read all the previous directions and familiarise yourself with the test procedures. The test results will only be useful if the samples are properly collected. This test is intended for individuals over 25lbs.

Do not insert your finger into the tube holder of the Easy Sampler at any time - it contains a sharp needle hidden by a rubber covering.

Do not loosen or remove the tops of the vacuum sealed collection tubes: this will destroy the vacuum and make the tubes useless for the test.

Kit Contents

EasySampler™ with tube holder, Labels for collection tubes, 10 vacuum sealed collection tubes, 10g of glucose or lactulose



Time needed for testing

- This test will take 3 hours to complete
- After collecting the baseline sample and drinking the solution, each breath sample will be collected in 20 minute intervals throughout the test period
- Please schedule your time appropriately

Review the (above) Patient preparation guidelines prior to performing the test!

Prepare the Test solution - **DO NOT DRINK YET!**

1. Mix the lactulose or glucose solution into 8-10 ounces (250-280mls) of water
2. Set drink aside: you will consume the solution after you collect your baseline sample.

Sample	Collection time
Baseline	Before drinking
#1	20 mins after drink
#2	40 mins after drink
#3	60 mins after drink
#4	80 mins after drink
#5	100 mins after drink
#6	120 mins after drink
#7	140 mins after drink
#8	160 mins after drink
#9	180 mins after drink