

**Dr Test Doctor** ( Test Doctor ) Test Clinic. 123 Test Street, Test Suburb Victoria 3125

Lab ID  
Patient ID P000064  
Ext ID 25147-0080

# Test Patient

Sex: Male • 55yrs • 01-Jan-70  
123 Home Street, Test Suburb VIC 3125

RECEIVED  
27-May-25

### SIBO Test Comment

## GENERAL CONSIDERATIONS FOR BREATH TESTING

Small Intestinal Bacterial Overgrowth (SIBO) is a heterogeneous syndrome characterised by an increase in the number and/or the presence of atypical microbiota in the small intestine. The SIBO breath test relies on measurement of gases (Hydrogen and Methane) produced by microbiota in the intestine following ingestion of lactulose, fructose or glucose in a fasting state.

The test also measures Carbon Dioxide (CO<sub>2</sub>) as an indicator of correct collection procedure. Carbon Dioxide levels exceeding acceptable limits ( $\leq 2.0$  %) indicate room air contamination likely at the time of sample collection. The integrity of these samples is then questionable and results should be designated as Non-Reportable.

## FALSE POSITIVES:

Falsely elevated findings may result from incorrect preparation for performing the SIBO test, incomplete avoidance of high-fibre foods, residual fibre in the intestine due to delayed transit time, residual oropharyngeal (mouth and throat) bacteria, and exposure to tobacco smoke, or napping during collection.

FALSE NEGATIVES:

A breath test finding with low Methane and no Hydrogen throughout the entire test may be due to an abundance of hydrogen sulfide-producing bacteria, which compete for available hydrogen for production of the hydrogen sulphide gas. For this reason, Methane is measured to rule out false negative hydrogen results.

### REPORT INTERPRETATION:

SIBO Test results need to be viewed in terms of Hydrogen production, Methane production and Total Hydrogen and Methane production.

A rise in Hydrogen of >20 ppm over baseline in the first 90 minutes of testing, is considered SIBO-Positive.

A peak methane level >10 ppm at any point indicates a methane-positive result, and is considered SIBO-Positive.

A rise in the combined gases (Hydrogen and Methane) level over baseline of 12 - 32 ppm is indicative of a mild SIBO condition, whilst a level of 33 ppm or greater is indicative of a severe SIBO condition.

*ACCREDITATION SCOPE: Please note that the above test is currently not under the laboratory's scope of accreditation.*

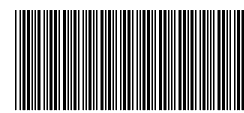
## Methodology

QuinTron BreathTracker (Solid-state sensors + CO<sub>2</sub> normalisation)

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10-May-25 08:20am, 08:50am, 09:15am, 09:40am, 10:00am, 10:30am, 10:55am, 11:20am

| Evaluation for Hydrogen (H <sub>2</sub> )                                                                                                                                                                                                                                          | Evaluation for Methane (CH <sub>4</sub> )                                                                                                                                                                                   |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>Hydrogen increase over baseline by 90 minutes</p> <div> <p><b>Change in H<sub>2</sub> 18</b></p> <p>Expected value &lt; 20 ppm</p> </div> <p>A rise of &gt;= 20ppm from baseline in hydrogen by 90 min should be considered a positive test to suggest the presence of SIBO</p> | <p>Peak methane level at any point</p> <div> <p><b>CH<sub>4</sub> Peak 51 H</b></p> <p>Expected value &lt; 10 ppm</p> </div> <p>A peak methane level &gt;= 10 ppm at any point is indicative of a methane-positive rise</p> |



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