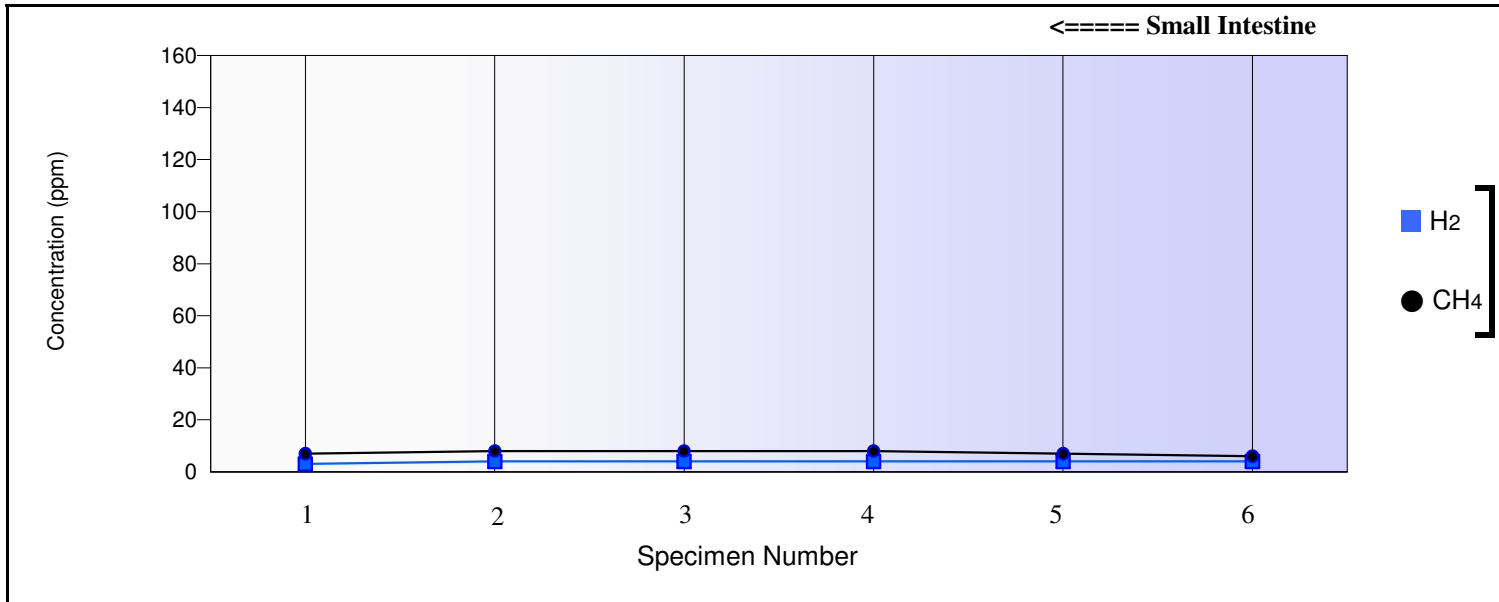




SMALL INTESTINAL BACTERIAL OVERGROWTH (SIBO) - 2 HOUR Breath Test

Hydrogen (H₂) and Methane (CH₄) Breath Gases



Hydrogen (H₂), Methane (CH₄) and Carbon Dioxide (CO₂) (ppm)

	S1 0 mins	S2 20 mins	S3 40 mins	S4 60 mins	S5 90 mins	S6 120 mins
H ₂	3	4	4	4	4	4
CH ₄	7	8	8	8	7	6
H ₂ + CH ₄	10	12	12	12	11	10
CO ₂ **	Π	Π	Π	Π	Π	Π

Actual Collection Times

Actual Time	8:00	8:20	8:41	9:00	9:31	10:01
Actual Interval	0	20	41	60	91	121

** CO₂ is measured for quality assurance: Π indicates the CO₂ level is acceptable ○ indicates room air contamination exceeding acceptable limits

Evaluation for Hydrogen (H₂)

Hydrogen increase over baseline by 90 minutes

	Result	Expected Value
Change in H ₂	1	< 20 ppm

A rise of >= 20ppm from baseline in hydrogen by 90 min should be considered a positive test to suggest the presence of SIBO

Evaluation for Methane (CH₄)

Peak methane level at any point

	Result	Expected Value
CH ₄ Peak	8	< 10 ppm

A peak methane level >= 10 ppm at any point is indicative of a methane-positive rise



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**Dr.SAMPLE REPORT
TEST HEALTH CENTRE
123 TEST STREET
BURWOOD VIC 3125**

SAMPLE REPORT

09-May-1990 Female

16 HARKER STREET
BURWOOD VIC 3125

LAB ID : 3814119
UR NO. :
Collection Date : 09-May-2022
Received Date:09-May-2022



3814119

Laboratory Comments

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 in a fasting state. The test also measures Carbon Dioxide as an indicator of correct collection procedure. Carbon Dioxide levels exceeding acceptable limits indicate room air contamination likely at the time of sample collection. The integrity of these samples is questionable and results are designated as " X " (NR-Non-Reportable).

The transit time of lactulose in healthy fasting patients is approximately 90 minutes, but is found to vary in other patients. As such, transit time should be taken into consideration when interpreting breath testing 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.

YOUR SUMMARY:

This report indicates normal Hydrogen and Methane levels which is interpreted as, NOT indicative of SIBO.

Intestinal disorders such as parasites, infections, food intolerances diminished enzyme and HCL production, dysbiosis and a lack of fibre can mimic SIBO-like symptoms.

Further testing may be considered such as:

CDSA Level 1 Code 2003

IgG 96 Foods-General Code 3206