



## SIBO (LACTULOSE) - Test Code 2025



Turnaround Time: 2 business days



Specimen Type:  
Breath Test Kit

### Description

Small Intestinal Bacterial Overgrowth (SIBO) occurs when an excessive number of bacteria populate the small intestine, which is normally home to a limited bacterial population (Rao et al., 2019). Left untreated, SIBO can cause chronic digestive symptoms such as bloating, gas, abdominal discomfort, diarrhoea, or constipation. It may also lead to nutrient malabsorption (particularly vitamin B12) resulting in fatigue, weight loss, and systemic deficiencies (Rao et al., 2019). If persistent, SIBO may contribute to conditions like leaky gut syndrome, irritable bowel syndrome (IBS), and other chronic health issues (Rao et al., 2019).

Lactulose breath testing offers several unique benefits in identifying SIBO. Lactulose, a non-absorbable sugar, passes through the digestive tract unaltered until it reaches the small intestine, where bacteria ferment it, producing hydrogen and methane gases (Rezaie et al., 2017). By measuring these gases at regular intervals, lactulose testing provides insights into the entire small intestine, not just the upper portions typically assessed by glucose testing (Rezaie et al., 2017). This comprehensive reach makes lactulose ideal for detecting bacterial overgrowth in distal regions of the small intestine. Additionally, it is non-invasive, simple to administer, and can differentiate between hydrogen- and methane-dominant SIBO, guiding targeted treatment.

### Whats included?

- Hydrogen & Methane

*\*Specify 2 hour or 3 hour*

### Conditions and Symptoms

- Bloating & flatulence
- Abdominal pain and discomfort
- Diarrhoea & constipation
- Nausea
- Weight loss & malnutrition
- Fatigue and brain fog
- Nutrient deficiencies
- Fatty stools (steatorrhea)

### Complementary Testing

- Complete Microbiome Mapping (Test code 2026)
- IgG 96 General Western Food Panel (Test code 3206)

### Accreditations Include:

- NATA ISO 15189 – Requirements for Quality and Competence in Medical Laboratories\*
- CLIA – Clinical Laboratories Improvement Amendments\*



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\*See NATA and CLIA website for further details