



## SIBO (LACTULOSE & FRUCTOSE) - Test Code 2027



Turnaround Time: 2 business days



Specimen Type:  
Breath Test Kit

### Description

Small Intestinal Bacterial Overgrowth (SIBO) occurs when excessive bacteria grow in the small intestine, a part of the digestive system that normally contains only a small number of bacteria (Rao et al., 2019). This condition can cause symptoms such as bloating, abdominal pain, diarrhoea, constipation, and nutrient malabsorption including vitamin B12 deficiency (Rao et al., 2019). If left untreated, SIBO can lead to long-term digestive issues and other conditions, including leaky gut syndrome and irritable bowel syndrome (IBS) (Rao et al., 2019).

SIBO testing involves drinking a solution of either lactulose or fructose, sugars that are fermented by bacteria in the small intestine (Rezaie et al., 2017). The breath test measures the hydrogen and methane gases produced by the bacteria, helping to identify bacterial overgrowth (Rezaie et al., 2017). The lactulose test is useful for detecting more severe SIBO, as it travels through the entire small intestine (Rezaie et al., 2017). The fructose test is ideal for patients who experience symptoms after eating fructose-rich foods, as it helps differentiate between fructose malabsorption and SIBO (Rezaie et al., 2017). This combined testing method provides a more accurate diagnosis, helping to guide effective treatment for SIBO and avoid misdiagnosis.

### 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*