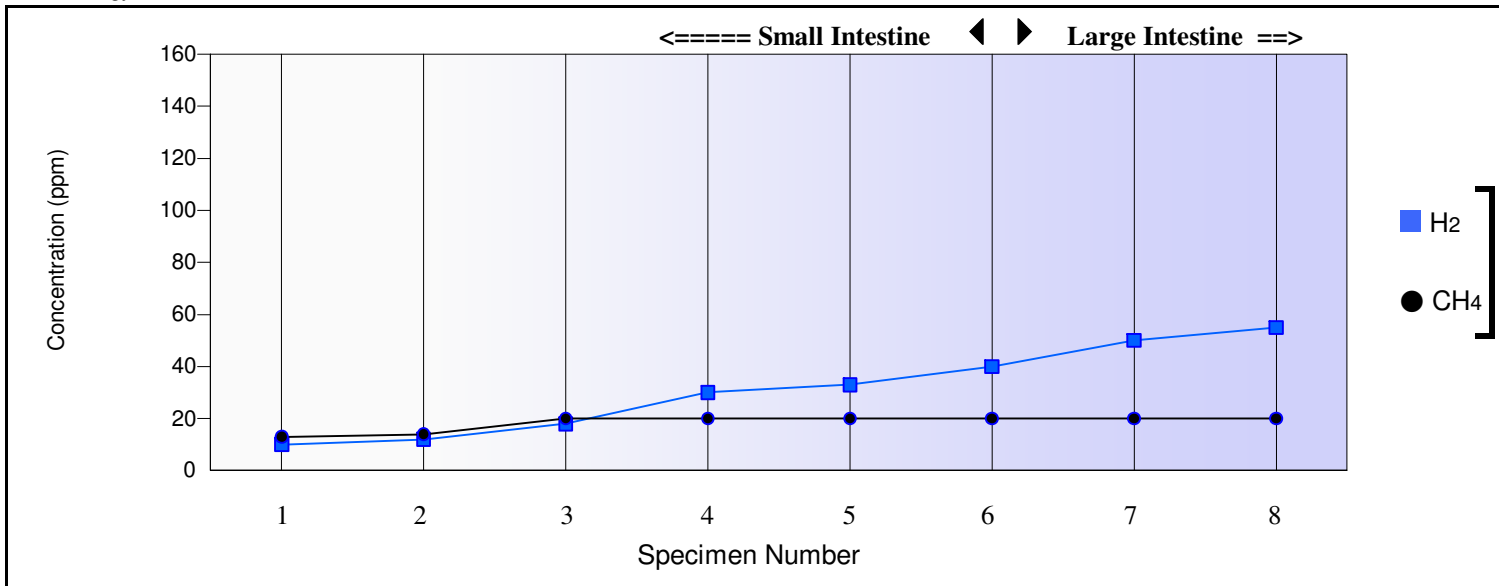


LACTULOSE

SMALL INTESTINAL BACTERIAL OVERGROWTH (SIBO) - 3 HOUR Breath Test

Hydrogen (H₂) and Methane (CH₄) Breath Gases

Methodology: GC-TCD/SSS



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	S7 150 mins	S8 180 mins
H ₂	10	12	18	30	33	40	50	55
CH ₄	13	14	20	20	20	20	20	20
H ₂ + CH ₄	23	26	38	50	53	60	70	75
CO ₂ **	II	II	II	II	II	II	II	II

Actual Collection Times

Actual Time	6:00	6:30	7:00	7:30	8:00	8:30	9:00	9:30
Actual Interval	0	30	60	90	120	150	180	210

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

Evaluation for Hydrogen (H₂)

Hydrogen increase over baseline by 90 minutes

Change in H₂ Result Expected Value
23 < 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

CH₄ Peak Result Expected Value
20 < 10 ppm

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



P: 1300 688 522
E: info@nutripath.com.au

**TEST DOCTOR
ADDRESS**

.
. 3087

**TEST PATIENT
01-Jan-1990**

Male

16 HARKER STREET
BURWOOD VIC 3125

LAB ID : 3950242
UR NO. :
Collection Date : 22-Jan-2024
Received Date: 22-Jan-2024



3950242

Laboratory Comments

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.

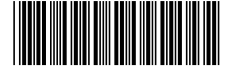
A peak methane level >10 ppm at any point indicates a methane-positive result, and is considered SIBO-Positive.

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.

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Previous report: Lactulose

Next Report: Fructose

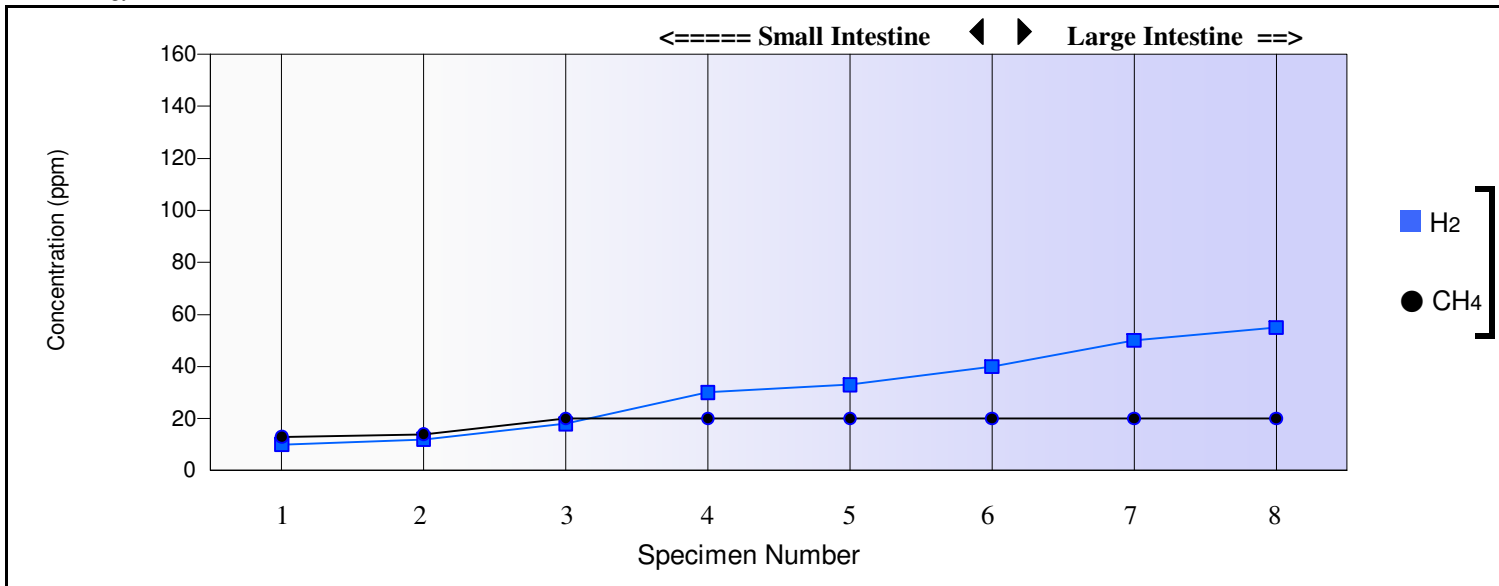


FRUCTOSE

SMALL INTESTINAL BACTERIAL OVERGROWTH (SIBO) - 3 HOUR Breath Test

Hydrogen (H₂) and Methane (CH₄) Breath Gases

Methodology: GC-TCD/SSS



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	S7 150 mins	S8 180 mins
H ₂	10	12	18	30	33	40	50	55
CH ₄	13	14	20	20	20	20	20	20
H ₂ + CH ₄	23	26	38	50	53	60	70	75
CO ₂ **	II	II	II	II	II	II	II	II

Actual Collection Times

Actual Time	6:00	6:30	7:00	7:30	8:00	8:30	9:00	9:30
Actual Interval	0	30	60	90	120	150	180	210

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

Evaluation for Hydrogen (H₂)

Hydrogen increase over baseline by 90 minutes

Change in H₂ Result Expected Value
23 < 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

CH₄ Peak Result Expected Value
20 < 10 ppm

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



P: 1300 688 522
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**TEST DOCTOR
ADDRESS**

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. 3087

**TEST PATIENT
01-Jan-1990**

Male

16 HARKER STREET
BURWOOD VIC 3125

LAB ID : 3950242
UR NO. :
Collection Date : 22-Jan-2024
Received Date: 22-Jan-2024



3950242

Laboratory Comments

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.