



SIBO (FRUCTOSE) - Test Code 2021



Turnaround Time: 2 business days



Specimen Type:
Breath Test Kit

Description

Small Intestinal Bacterial Overgrowth (SIBO) occurs when an abnormal increase in bacterial populations disrupts the normal microbial balance of the small intestine, leading to various digestive and systemic issues, including bloating, abdominal discomfort, diarrhoea, constipation, and malabsorption of nutrients such as vitamin B12 (Rao et al., 2019). Left untreated, SIBO can worsen conditions like leaky gut syndrome, IBS, and contribute to chronic inflammation (Rao et al., 2019).

Fructose breath testing is a valuable tool for identifying SIBO, particularly in cases where fructose malabsorption is suspected (Rezaie et al., 2017). Fructose, a naturally occurring sugar found in fruits, is metabolised by bacteria in the small intestine. During a fructose breath test, the patient ingests a fructose solution and breath samples are collected at regular intervals. Bacterial fermentation of fructose produces hydrogen and methane gases, which are measured to assess bacterial overgrowth (Rezaie et al., 2017). This test is especially important for individuals who experience worsening symptoms after consuming fructose-rich foods, helping to distinguish between SIBO and fructose malabsorption (Rezaie et al., 2017).

This testing method enhances the precision of SIBO diagnosis, contributing to more targeted and effective interventions for those struggling with persistent gastrointestinal symptoms.

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