



## SIBO (GLUCOSE) - Test Code 2030



Turnaround Time: 2 business days



Specimen Type:  
Breath Test Kit

## Description

Small Intestinal Bacterial Overgrowth (SIBO) occurs when an excessive number of bacteria proliferate in the small intestine, an area typically low in bacterial growth (Rao et al., 2019). This condition can cause chronic gastrointestinal symptoms, including bloating, abdominal discomfort, excessive gas, diarrhoea, or constipation. If left untreated, SIBO may lead to malabsorption of essential nutrients, resulting in deficiencies such as vitamin B12, weight loss, and fatigue (Rao et al., 2019). Prolonged bacterial overgrowth can contribute to more severe conditions like leaky gut syndrome, irritable bowel syndrome (IBS), and systemic inflammation (Rao et al., 2019).

The glucose breath test is a reliable method for diagnosing SIBO. Glucose is rapidly absorbed in the small intestine, so any significant fermentation by bacteria occurs in the presence of SIBO (Rezaie et al., 2017). During the test, the patient ingests a glucose solution and breath samples are taken at regular intervals. Elevated hydrogen or methane levels in the breath indicate bacterial fermentation of glucose in the small intestine (Rezaie et al., 2017). Glucose testing is particularly useful due to its high specificity for detecting bacterial overgrowth in the proximal small intestine, aiding in early diagnosis and targeted treatment (Rezaie et al., 2017).

## 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 (steatorrhoea)

## 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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## 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)

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## 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:

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## 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)
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