



## 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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\*See NATA and CLIA website for further details