

Hydrogen

POSITIVE

A rise in hydrogen of greater than or equal to 20 p.p.m. by 90 minutes during lactulose breath testing for SIBO is considered positive.

Methane

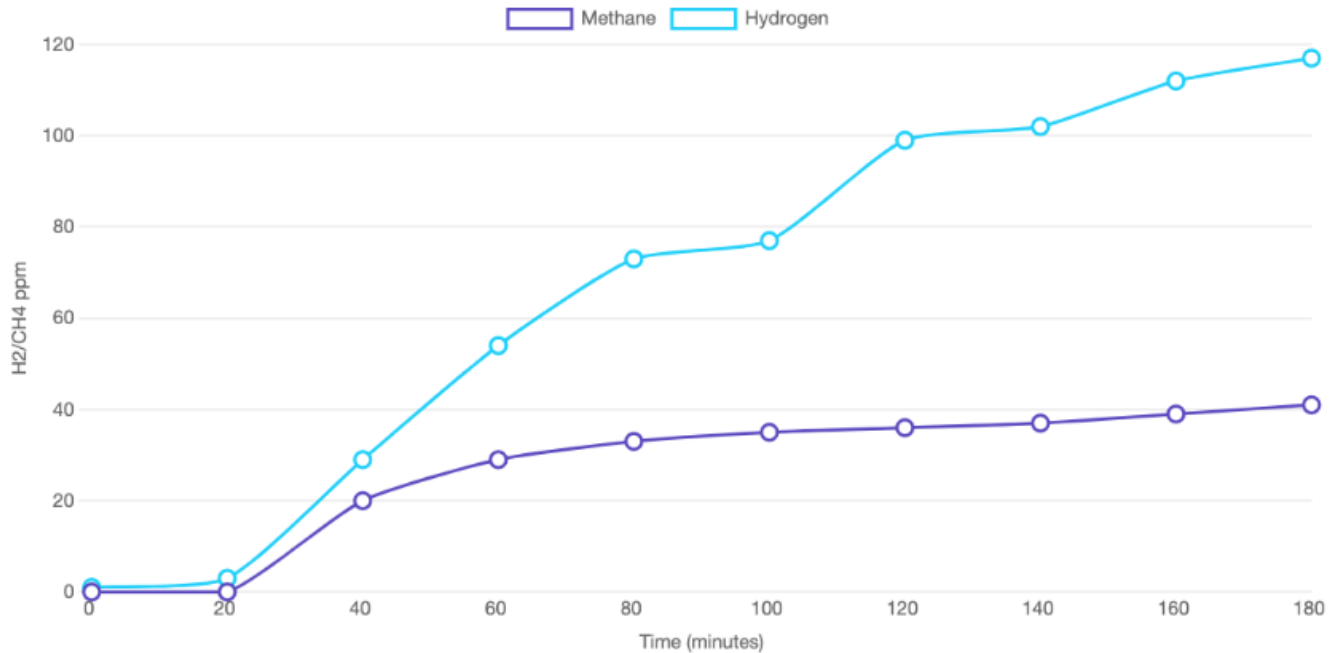
POSITIVE

A methane level of greater than or equal to 10 p.p.m. is considered methane positive.

Hydrogen Sulfide

NEGATIVE

It is thought that when hydrogen and methane gasses are very low, especially throughout the three hours, that hydrogen sulphide SIBO may be present.



The most recent guidelines for interpreting SIBO Breath Test results come from 'The North American Consensus'.

A Note On Hydrogen Sulfide SIBO

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There is no available, and validated, test to specifically test for hydrogen sulfide. However, the current general consensus is that very low levels of both hydrogen and methane, through out the three hours of testing, is indicative of hydrogen sulphide SIBO. This is partly because hydrogen gas serves as a substrate, or a fuel, for hydrogen sulfide production, and secondly because we expect to see a spike in hydrogen gas as the lactulose (the drink you had at the beginning of the test) enters the large intestine and gets fermented by the bacteria that live there.

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Hydrogen Breath Test using Lactulose

Reference:

Date of birth:

Patient:

Sex:

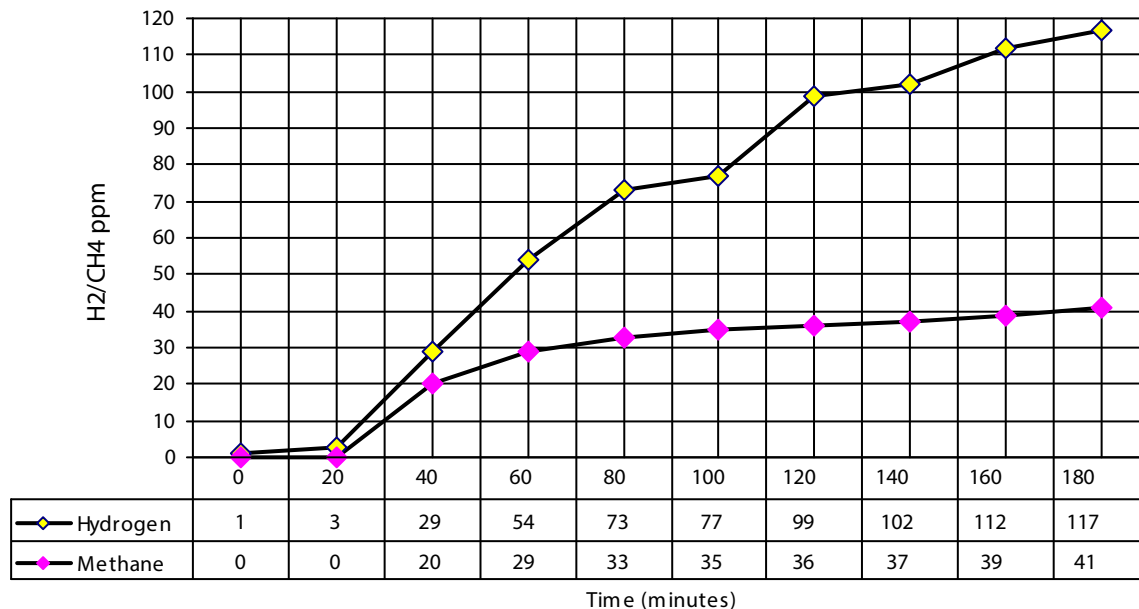
Referred by: Healthpath Limited

Sample date: 17/10/2021

Protocol: 10gm of lactulose diluted in 200ml of water.

Method: Hydrogen and methane values measured every 20 minutes for 180 minutes

Basal levels: Hydrogen = 1 ppm Methane = 0 ppm



References:

1. Drossman, DA. The functional gastrointestinal disorders and Rome III process. In: Drossman DA, Corazziari E, Delvaux M, Spiller R, Talley NJ, Thompson WG, et. al., eds. Rome III: The Functional Gastrointestinal Disorders. 3rd ed. McLean VA: Degnon Associates; 2006: 1-30.
2. Drossman DA. The functional gastrointestinal disorders and the Rome III process. Gastroenterology. 2006; 130: 1377-90.