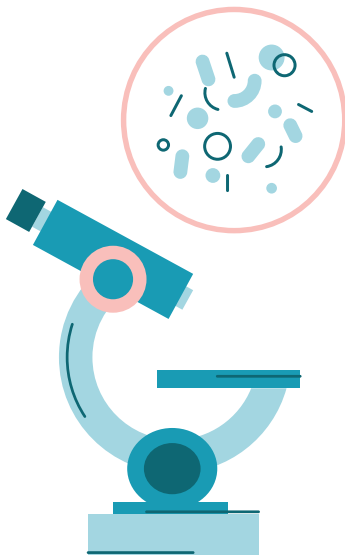


SIBO BREATH TEST

INSTRUCTIONS

Thank you for purchasing this test. We're delighted to join you on your health journey.



The science behind the test

As the bacteria in your gut digest sugars, they produce the gases hydrogen and methane. Lactulose is a special sugar that isn't absorbed by your body. Your gut bacteria like it, though, which means we can use it to form a picture of their activity. Lactulose can act as a laxative at high doses, but the amount included in this test is unlikely to have that effect.

By measuring the amount of hydrogen and methane you breathe out, we can work out how quickly bacteria are breaking down the lactulose, and how much gas they're producing. This information helps us to work out what type of bacteria are present, and where they are.

This test requires a little bit of time and preparation, but the insight it provides can be invaluable. The data allows us to make targeted recommendations to support your gut health and enhance your wellbeing.

IMPORTANT Before you take the test

To make your test results as accurate as possible, it's important you follow these guidelines.



Do NOT eat high-fibre or slowly digesting foods on the day before the test. See the enclosed list of foods for further details.



You must **not eat for 8-12 hours before** taking the test, but you can drink water. You also must avoid eating during the 3-hour test period. Most people prefer to take the test first thing in the morning, as they would have naturally fasted overnight.



Do not exercise vigorously for at least 1 hour before the test, or during the test.



Do not smoke 3-4 hours before taking the test or during the test.



If you're taking **antibiotics or herbal antimicrobials**, wait 4 weeks after finishing the course of treatment before taking this test. You must NOT stop a course of antibiotics in order to take the test.



We suggest that **laxatives, antacids** (containing aluminium or magnesium hydroxide) and **promotility drugs** should be stopped at least 1 week prior to the breath test and **avoid taking probiotics** for 48 hours before taking the test.

TEST KIT CONTENTS

We've partnered with a functional testing lab called Biolab Ltd to provide this test. Your test kit contains the following:

- 1 x test instructions (this sheet)
- 1 x dietary advice sheet
- 1 x patient request form
- 1 x 15ml lactulose dose
- 1 x blue 'EasySampler' mouthpiece and bag
- 1 x 'EasySampler' instruction sheet
- 10 x glass tubes
- 10 x sample tube labels
- 1 x bubble wrap returns packet
- 1 x cardboard box for return
- 1 x postal bag
- 1 x freepost HEALTHPATH label

- **Do NOT remove caps** from the glass tubes. It's normal for some of the rubber caps to be inverted while others may be protruding.
- The **cardboard box** for return of samples is the same cardboard box in which the test kit is sent.

TAKING THE TEST

1. Read the 'IMPORTANT: Before you take the test' box on the first page.
2. Check you have all the kit contents using the list above, and fill in the patient request form.
3. Collect your first sample after 8–12 hours of fasting. Follow the 'EasySampler' instructions on page 4 and use the first collection tube. Label this tube as your 'Fasting' sample.
4. Mix the lactulose dose with 200ml (a small glass) of water. Drink immediately.
5. After drinking the lactulose-water mixture, wait 20 minutes. Then collect another breath sample. Complete the sample label and attach to the tube.
6. Repeat this process every 20 minutes for 3 hours, labelling the sample tubes as you go.
7. Once you've completed all 10 sample collections, put the 10 sample tubes in the bubble wrap bag, along with the completed patient request form, place in the cardboard box, then into the return envelope.
8. Breath samples should be returned to Biolab Ltd as quickly as possible, but must be received within 14 days of sample collection.

- If you're **late collecting** a sample, collect the sample at the earliest opportunity and record the time accurately. Collect further samples on the original timescale.
- You may **resume quiet activity** between samples, but don't go to sleep.
- Breath samples in these tubes can be described as '**glass tubes**' on package contents (if required by the postal service).

Return samples using your Freepost Healthpath return label, no address is needed. If you would prefer to arrange a recorded delivery the address:

Biolab Ltd, The Stone House, 9 Weymouth Street, London, W1W 6DB

DIETARY ADVICE BEFORE TAKING THE SIBO TEST

Eat from the list of foods below. You can create your own meals or follow the sample menu.

Foods you can eat



Meat & fish
(baked or grilled)
*Plain Chicken, Turkey,
Fish*



Eggs



Tofu



Plain boiled
white rice

Black or green tea
(not herbal)



Black coffee
(without milk)

Clear chicken or beef broth
(no vegetable pieces)



Water



Salt and pepper
(no herbs)



Sample menu

Breakfast

Scrambled eggs (no butter)
with grilled salmon (or any other plain fish)

or

Scrambled tofu

Cup of black coffee or black tea

Lunch

Fish with white rice seasoned with salt and
pepper

or

Fish or Tofu with white rice seasoned
with salt and pepper

Cup of green tea

Dinner

Chicken broth with grilled chicken breast
and white rice

or

Grilled tofu and white rice

Snacks

Boiled eggs
Clear chicken or beef broth

WHAT HAPPENS NEXT?



Results take 5-10 working days from receipt of sample. As soon as your results are ready, you'll receive an email notification from Healthpath. You can then log onto your Healthpath account to view your results and see personalised recommendations.

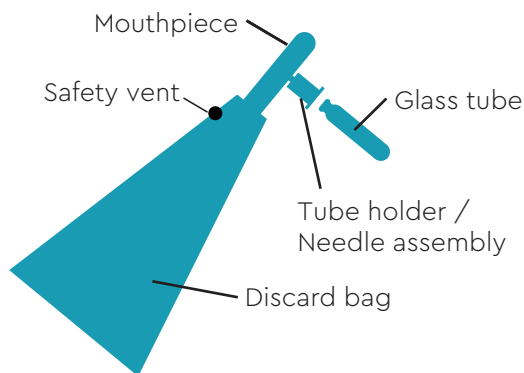
USE OF THE EASYSAMPLER®

HOW TO COLLECT SAMPLES

TEST RESULTS CAN ONLY BE USEFUL IF THE SAMPLES ARE PROPERLY COLLECTED. Please read the directions completely BEFORE collecting a sample! If you do not completely understand all aspects of sample collection, please contact healthpath for further instructions.



Do not insert your finger into the tube holder of the EasySampler at any time; it contains a sharp needle.



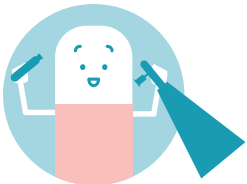
GETTING READY

The EasySampler device* is pre-assembled and protected in a sealed plastic bag. Carefully remove the collection device from the bag.

1. Number the glass tube labels. Write your name and the date on each of the labels and complete the patient request form.

On label #1, write the time you are starting the test and place the label on one of the glass tubes.

TAKING THE TEST



2. Hold the EasySampler in one hand and the glass tube #1 in the other hand. DO NOT attempt to loosen or remove the tops of the glass tubes; this may destroy them and make the tubes useless for this test.



3. Place test tube #1 halfway into the needle assembly, cap first. DO NOT PUSH THE TEST TUBE ONTO THE NEEDLE IN THE HOLDER YET! Take a normal breath, close your mouth around the mouthpiece and exhale normally.



4. As you exhale, the discard bag will be filled with air which will vent through the small opening at the end of the bag. Continue to exhale into the mouthpiece to keep the bag inflated and press the glass tube to the end of the tube holder so that the stopper is punctured by the needle in the tube holder.



5. Keep the bag inflated until after the test tube is removed from the tube holder. After 1-2 seconds, pull the glass tube out of the tube assembly and set it aside.
6. Repeat steps 1-5 with the remaining glass tubes as many times and at the time intervals as requested.