

Please fully complete the enclosed requisition form and return with samples.

Make sure to mention any GI-symptoms you experienced during the test period on the form (e.g. increased bloating, cramping, nausea or similar).

Package the samples and paperwork securely, using the materials provided (bubble wrap, carton etc).

Affix the Return Label and Mail back the samples as soon as possible. The samples are only good for 2 weeks, afterwards the validity of the sample results cannot be guaranteed.

Please be sure to seal box with enclosed sticker before shipping.

Once the sample is received at AllClear Healthcare, it will be recorded and uploaded. An email will be sent to you when the results are ready. You will be able to review and print for your doctor if needed.

For additional questions or information:

www.allclearhealthcare.com

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It Makes Sense to Make Sure

DETAILED INSTRUCTIONS

Lactose Intolerance Breath Test



Before you start the test, please read all the instructions. This test takes 3 hours to complete.

A

Watch this video from our manufacturer:

https://www.youtube.com/watch?v=bs5LgJ6_A8w

Although it utilizes LACTULOSE as an example for the substrate, the procedure is otherwise identical for all substrates, and, specifically regarding the breath sample collection technique, mailing etc. You should have Lactose as a substrate in your kit.



B

Open the kit gently and familiarize yourself with the contents:

1. Collection bag with mouthpiece
2. Substrate for ingestion/testing
3. Vacuum tubes (vials) for breath samples
4. Instructions (read entirely)
5. Labels (to label your vials)
6. Bubble pouches
7. Return Shipping Label

Keep the box since it will be used for shipping the sample back

C

Read Preparation Guidelines and organize the following "Home Materials" before you begin testing:

1. 8-ounce cup of water
2. Spoon for stirring solution
3. Timer
4. Pen for labeling samples & requisition form

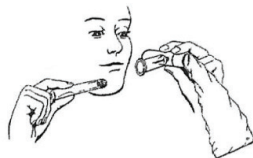


Do not insert your finger into the tube holder of the EasySampler at any time; it contains a sharp needle.

How to Collect Samples

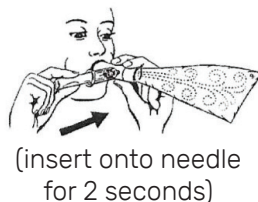
Read the steps below completely before taking your Baseline, and subsequent, samples.

1. Hold the EasySampler bag in one hand, and the sample vial in the other hand. (see video)



2. Place the sample vial **PARTIALLY** into the side-port holder of the EasySampler **without pushing it onto the needle** in the side-port!

3. Take a normal breath in, and then close your mouth around the mouth piece of the EasySampler.



4. Begin to exhale into the bag. While continuing to exhale, keeping the bag inflated, insert the sample vial fully (onto the needle) in the side-port for about 2 seconds,

5. **Then withdraw** the vial from the side-port. **Do not stop exhaling** until you have removed the sample vial.



6. **Fill out the first label** – with your full name, the sample number as well as the date and time of the sample.

- Affix labels to the vial (as shown in the video)
- Insert the vials into the bubble pouch. (PLEASE do not insert more than 5 vials into each bubble pouch)

7. Then immediately set a timer for 60 minute interval. Repeat from the beginning until 4 samples have been collected.

STOP: Have you read your “Preparation Guidelines”?
Do you have all of your “Kit Items” and your “Home Materials” readied?

1 Baseline Sample (to be named Vial #1)

Take Baseline sample **before drinking** the Lactose solution.
Be prepared and ready to mix your Lactose solution right after taking your baseline. Have your sample vials ready, you will need **4 sample vials**: Baseline sample before drinking the Lactose solution, and 3 samples, to be **collected every 60 minutes** after drinking the substrate solution = **3 hours total**.

2 Mix and Drink Lactose Solution

- **After taking Baseline Sample**, carefully open the sealed package of Lactose with scissors. **Do not spill contents.**
- Mix **entire contents** of Lactose package with 8 oz of water until dissolved.
- Drink the 8 oz. of Lactose solution immediately, quickly, and completely (within a maximum of 3 minutes). **Then set a timer for 60 minutes.**

3 Collect 3 More Samples at 60 Minute Intervals.

SAMPLE	COLLECTION TIME
#1 Baseline	Before Drinking
#2	60 minutes after drink
#3	120 minutes after drink
#4	180 minutes after drink

When timer rings after 60 Minutes, **collect sample, apply proper label** (name, sample number, date and time of sample) and reset timer for 60 Minutes.

Continue with the collection and labelling **until all 4 samples are complete.**