## 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

**P:** 617-466-9356

**E:** info@allclearhealthcare.com


AllClear HEALTHCARE

It Makes Sense to Make Sure

DETAILED INSTRUCTIONS

# SIBO Breath Test - Lactulose

(Small Intestinal Bacterial Overgrowth)

AllClear HEALTHCARE

**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 Glucose (or **Lactulose** if diabetic) 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:

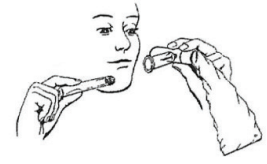
1. 8-ounce cup of water
2. Spoon for stirring solution
3. Timer
4. Pen for labeling samples & requisition form

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

# How to Collect Samples

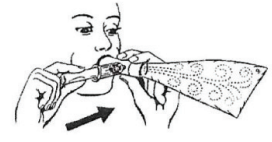
Read the steps below completely before taking your Baseline, and subsequent, samples.

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!

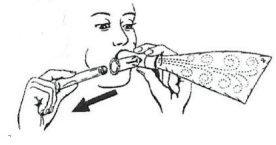
3. Take a normal breath in, and then close your mouth around the mouth piece of the EasySampler.



(insert onto needle for 2 seconds)

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 20 minute interval. Repeat from the begining until 10 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 Lactulose solution. **Be prepared** and ready to mix your Lactulose solution right after taking your baseline. Have your sample vials ready, you will need **10 sample vials**: Baseline sample before drinking the Lactulose solution, and 9 samples, to be **collected every 20 minutes** after drinking the substrate solution = **3 hours total**.

## 2 Mix and Drink Lactulose Solution

- **After taking Baseline Sample**, carefully open the sealed package of Lactulose with scissors. **Do not spill contents.**
- Mix **entire contents** of Lactulose package with 8 oz of water until dissolved.
- Drink the 8 oz. of Lactulose solution immediately, quickly, and completely (within a maximum of 3 minutes). **Then set a timer for 20 minutes.**

## 3 Collect 9 More Samples at 20 Minute Intervals.

| SAMPLE | COLLECTION TIME |
|---|---|
| #1 Baseline | Before Drinking |
| #2 | 20 minutes after drink |
| #3 | 40 minutes after drink |
| #4 | 60 minutes after drink |
| #5 | 80 minutes after drink |
| #6 | 100 minutes after drink |
| #7 | 120 minutes after drink |
| #8 | 140 minutes after drink |
| #9 | 160 minutes after drink |
| #10 | 180 minutes after drink |

When timer rings after 20 Minutes, **collect sample, apply proper label** (name, sample number, date and time of sample) and reset timer for 20 Minutes.

Continue with the collection and labelling **until all 10 samples are complete**.