



Step 7:

Now that you have completed the baseline sample breath collection, drink the lactulose solution before continuing with the rest of the breath test. Drink the entire amount within 5 minutes. Do not drink water for 1 hour after you drink the solution. Record the time you drink the solution on your Personal Information Form.



Step 8:

Repeat steps 2-6 for each breath collection, using the remaining tubes and labels 1-10, in order and according to the Collection Schedule.



Step 9:

Leave the bubble wrap bags containing your samples at room temperature until you are ready to ship.

Shipping Preparation

When to schedule your shipment

- Ship your samples as soon as possible. The samples must be shipped within 2 days of collection.

When you are ready to ship

- Ensure that you have provided the following information:
 - Personal Information Form: make sure the form is completed.
 - Pro-forma/Commercial Invoices: fill out the supplied invoices (**only required if you are shipping from a non-EU country**).
- Prepare your shipment:
 - Place the bubble wrap bags containing the collection tubes into the supplied box along with the completed Personal Information Form.
 - Place the box in the return shipping bag and ship (see Shipping Instruction).



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Small Intestinal Bacterial Overgrowth (SIBO) Breath Test with Lactulose

ENG

Welcome To Your Test Kit

You have chosen to do a SIBO Breath Test with Lactulose from Nordic Laboratories which will provide information to help you on your personal health journey.

The future of medicine lies in a personalised treatment strategy, based on information relating to your individual biochemistry and genetic inheritance. This test will help you obtain objective data about yourself to aid in the development of a more precise treatment strategy and enable measures to be implemented that will help you attain a higher level of health.

In this kit, you will find all the material needed for your collection. Please read the instructions carefully and follow them step by step. Your test results will be released to your practitioner approximately three weeks after we have received your sample.

If you have any questions, concerns, or need support in understanding the test and instructions, please call our support team on +45 33 75 10 00 or email info@nordic-labs.com.

See how to collect your sample using this link: nordicvms.com/siboENG

Check Your Kit

Shipping Materials

- 1 x Box containing the collection kit (**keep this box for returning your samples**)
- 1 x Shipping Instruction
- 1 x Personal Information Form
- 1 x Return shipping bag
- 1 x Return shipping document
- 2 x Pro-forma/Commercial Invoices (**these are only included if you are shipping from a non-EU country**)

Caution

- **DO NOT** insert your finger into the tube holder of the EasySampler; it contains a sharp needle.
- **DO NOT** open, remove or loosen tops of collection tubes – this will break the vacuum and make it impossible to perform your test.
- This test uses lactulose as its testing agent, and is not recommended for individuals who have had allergic reactions to lactulose or are diabetics with a fasting urine glucose concentration less than 105mg/dl, or are on a galactose/lactulose-restricted diet due to medical reasons.

If any items are missing or expired, please call +44 (0)1580 201687 or email testkits@nordicgroup.eu

Please note: if the collection instructions are not followed carefully, it may lead to delay in the results or re-collection which will involve further costs.

Collection Materials

- 1 x Lactulose solution (10g)
- 10 x Vacuum-sealed collection tubes in two separate bubble wrap bags (**keep the bags for returning your samples**)
- 10 x Labels
- 1 x plastic bag containing a tube holder attached to a polythene bag (EasySampler). **There is a small hole in the bag, this is intentional.**

Preparation

Provide the following information

- Personal Information Form: verify that the information on the form is correct and edit if needed.

Prior to collection

2-4 WEEKS BEFORE THE TEST:

- Wait at least 4 weeks before beginning your breath test if you recently had antibiotic treatment, diarrhoea, colonoscopies, barium studies or barium enemas.
- Wait at least 2-4 weeks from your last dose of antifungals, Pepto-Bismol™ or herbal/natural antimicrobial products.

7 DAYS BEFORE THE TEST:

- Avoid the use of laxatives, stool softeners, and/or stool bulking agents as well as antacids containing aluminium or magnesium hydroxide.

24 HOURS BEFORE THE TEST:

- Stop taking probiotics 24 hours prior to testing. Foods you CAN eat before you start your 12 hours fast:
 - Baked or broiled chicken, fish or turkey (salt and pepper only), white bread (only), plain steamed white rice, eggs, clear chicken or beef broth with no vegetable pieces.
- You may only drink plain water, coffee and tea (no sugar, artificial sweeteners, milk or cream added).

12 HOURS BEFORE THE TEST:

- The last 12 hours is the fasting period. DO NOT consume anything except water for 12 hours prior to and during the test.
- Do not take non-essential medications or supplements until the test is completed, unless your practitioner has advised you otherwise. Do not chew gum, eat candy, or use mouthwash until the test is completed.

ONE HOUR BEFORE THE TEST:

- NO smoking, (including second-hand smoke) for at least one hour before or at any time during the breath test.
- NO sleeping or vigorous exercise for at least one hour before or at any time during the breath collection.
- Do not use toothpaste.

Important notes

- If you are not able to comply with the above guidelines for testing, then you may not be a candidate for a breath test. Your practitioner can assist you in determining if another test may accommodate your needs.
- Never discontinue prescription medications without first consulting your physician.
- If you are on any medication or special diets that conflict with these test instructions, it is recommended to speak with your practitioner.

When to schedule your collection

- This test will take 3 hours to complete.
- After collecting a baseline sample and drinking the lactose solution (see Collection Procedure), each breath sample should be collected in 20-minute intervals throughout the test period. Please time your collection according to the schedule below.

Breath Collection Schedule

Sample	Collection Time
#1 baseline	Before drinking the Lactulose solution (LS)
#2	20 min after drinking the LS
#3	40 min after drinking the LS
#4	60 min after drinking the LS
#5	80 min after drinking the LS
#6	100 min after drinking the LS
#7	120 min after drinking the LS
#8	140 min after drinking the LS
#9	160 min after drinking the LS
#10	180 min after drinking the LS

Collection Procedure



Step 1:

Stir the lactulose solution into 8 oz. (230 ml) of water – dissolve completely. Set aside until after you have completed your baseline sample breath collection.



Step 2:

Before you begin each sample collection, write your name and date of collection on the labels and number them #1 baseline to #10 as per the Breath Collection Schedule above. Also note the date and time of each collection on the Personal Information Form.



Step 3:

Pick up the EasySampler device in one hand and the first collection tube in your other hand. DO NOT insert collection tube into mouth-piece device yet. Doing so will invalidate the sample.



Step 4:

Breathing normally, inhale and hold for 5 seconds, then close your mouth tightly around the mouthpiece and exhale normally into the plastic bag until it fills completely (**there is a small hole in the bag, this is intentional**). Do not blow hard.



Step 5:

While exhaling, press the tube into the side part of the mouthpiece. The needle will puncture the tube's self-sealing membrane, allowing air to properly fill the tube.



Step 6:

Remove the tube within 2 seconds of puncturing. You may stop exhaling into the mouthpiece. Do not unscrew the cap on the collection tube. Place the tube in the bubble wrap bag. Record the time on your Personal Information Form and on the label.