

The Nutrition Clinic for Digestive Health

SIBO Test



Why is this test being recommended?

The SIBO test evaluates whether there is bacterial overgrowth in the small intestine. This test is recommended if you have any of the following symptoms including encompassing abdominal pain, abdominal distention, diarrhea, or excessive flatulence. Conditions such as IBS, IBD, Celiac disease, diabetes, fibromyalgia, rosacea, Parkinson's disease and obesity are commonly associated with SIBO.

What to expect:

- **There are several steps in the collection process for this test.** We recommend viewing the [collection video](#) in addition to reviewing the instructions provided in the collection kit.
- **Please note that this test is designed to highlight bacterial overgrowth so there is the possibility of feeling lousy after drinking the lactulose solution.**
- **Choose a day when you have at least 3 uninterrupted hours to complete the test, this test requires fasting so you'll likely want to complete it in the morning.**
- **This test must be shipped on a Monday and at the very latest during the week, by noon Friday.**
- **Test results will be available approximately one week after the lab receives your samples.**

How to prepare:

- **Although certain medications and supplements may impact test results, we never recommend discontinuing medically necessary medications or supplements in order to complete testing.** Always check with the prescribing doctor before stopping medications.
- **If you have had the following procedures or have taken the following medication or supplements, you may need to wait to collect samples.** Please work with your dietitian and physician to determine the best course of action. For the most accurate test results, the recommendations are to:

Wait four weeks to complete the test after taking:
<ul style="list-style-type: none">● Antibiotics● Antifungals● Pepto-Bismol● Antimicrobials● Colonoscopy● Barium enema
Wait one week to complete the test after taking
<ul style="list-style-type: none">● Laxatives● Stool softeners

- Stool bulking agents
Antacids

You must only eat the foods listed below for the 24 hour period leading up to the test:

- Chicken, fish, turkey, white bread, white rice, eggs, clear broth, tofu, salt, pepper, tea, and coffee
- Probiotics must also be discontinued 24 hours before taking the test

Twelve hours prior to testing you must

- Fast
- Avoid non-essential medications and supplements
- Avoid gum, candy and mouthwash

One hour before beginning the test

- Avoid smoking, vigorous exercise and toothpaste
- Wait one hour after waking to begin the test

Things you can do in the meantime that might help with your symptoms:

- If you are still consuming gluten, we recommend getting tested for Celiac disease.
- After completing this test, we recommend removing gluten, dairy and sugar from your diet while we wait on test results.

Disclaimer: The dietitians at Balance Nutrition, LLC are not physicians or psychologists, and the scope of their consultation services does not include treatment or diagnosis of specific illnesses or disorders. If you, the client, suspect you may have an ailment or illness that may require medical attention, then you are encouraged to consult with a licensed physician without delay.