

selph

SIBO Breath Test Instructions

This test takes around 2.5 hours - make sure you have time today.



7. Continue sampling your breath using the tubes and times below:

Time (after drinking lactulose)	Tube number and colour
30 minutes	2 - Green
50 minutes	3 - Blue
70 minutes	4 - Pink
90 minutes	5 - Black
120 minutes	6 - Yellow
150 minutes	7 - Purple

Double-check that you've labelled the samples with your name and sample time.
Ensure your request form is complete.

8. Put the tubes, request form and used breath sampling device back into the kit box.

Place the entire kit box into the prepaid postage envelope.



Take it directly to the post office as soon as you can.



The sample is processed in Europe so it can take a couple of days to get there, we'll let you know when it arrives.



Once it's arrived your results can take up to 14 working days but are often much quicker.

We'll email you when your report is ready.



Any questions please don't hesitate to contact us
on support@selph.co.uk or 020 4592 3966

About the test

It's normal to have bacteria living in the whole length of your intestines. Sometimes, you can have an 'overgrowth' of bacteria in the small intestines and this causes issues with digestion. One of the best ways to tell if there's 'small intestinal bacterial overgrowth' or SIBO, is with our SIBO breath test.

Bacteria ferment sugars and produce (among other things) the gases hydrogen and methane. The more bacteria, the more gas is produced.

In this test, you take a sample of your breath on an empty stomach. Then you drink a sample of a sugar called lactulose which isn't absorbed by the body. You then take several more samples of your breath over around 2 hours, and the amount of hydrogen and methane in the samples will tell us if there's too many bacteria in the small intestine.

Important - Before you Start

Do this test in the morning, Monday to Wednesday. This test is for adults only.

4 weeks before:

- No antibiotics/ antimicrobials

2 weeks before:

- No laxatives
- Avoid antacids (such as Rennies/Gaviscon etc). PPIs like omeprazole and H2 antagonists like ranitidine are fine to take.

2 days before:

- Limit sugar, no added sugar in drinks or sugary foods like cakes.
- No probiotics/ prebiotics
- No alcohol

1 day before:

- No dietary fibre (guidance overleaf)

12 hours before (overnight):

- Fast - still water only
- No mouthwash or toothpaste (rinse teeth with water only)
- No chewing gum

1 hour before:

- No smoking
- No physical activity
- No sleeping

Dietary Instructions

To get accurate results, it's important to avoid eating fibre for the 24 hours before your test.

What Does "Avoiding Fibre" Mean?

Dietary fibre is found in plant-based foods like fruits, vegetables, whole grains, legumes, seeds, and nuts. While fibre is great for long-term gut health, it feeds the bacteria in your digestive system which we want to avoid before this test.

Foods You Can Eat (Low-Fibre Options)

Stick to simple, easily digestible foods that are low in fibre and don't ferment in the gut.

Example Low-Fibre Meal Plan (Day Before Test):



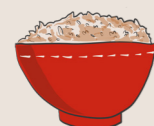
Breakfast

- Scrambled or boiled eggs
- Black tea/coffee



Lunch

- Grilled or poached chicken or fish (no spices or sauces)
- White rice



Dinner

- Lean meat or tofu (plain, grilled or steamed)
- White rice

Foods To Avoid

Avoid anything high in fibre or that ferments in the gut:

- Vegetables (raw or cooked)
- Fruits
- Whole grains (brown rice, oats, quinoa, wholemeal bread)
- Beans, lentils
- Nuts, seeds
- Dairy (contains lactose)
- Sweeteners like sorbitol or xylitol



Fasting Reminder

You should fast for 12 hours before the test— no food, drinks (except water), or smoking. This typically means finishing your last low-fibre meal by around 7–8 PM the night before if your test is in the morning.

Your test kit contains:

- 1 x Request form
- 1 x Breath sampling device (there's meant to be a small hole at the bottom of the bag, don't worry!)
- 1 x 15ml sachet of lactulose
- 1 x Protective pouch for test tubes
- 1 x Prepaid return envelope
- 7 x Test tubes

!! Do not open any of the test tubes, they are vacuum sealed and will not work if opened !!

!! Do not put your finger inside the test collection tube - there is a needle inside !!

Taking your test:



Scan the QR Code to watch our instructional video.

1. Activate your test kit:
www.selph.co.uk/activate using the kit ID on your request form
2. Complete your request form. Label each of your test tubes with your name and today's date - arrange them in order
3. Now you're ready to take your first breath sample

Hold the breath sampling device in one hand and tube number 1 (white) in your other hand.
4. Inhale, hold for 5 seconds, exhale through the mouthpiece - air will flow through the bag and out of the small hole at the end. While exhaling insert tube number 1 into the sample holder with a firm pressure, hold it there for a few seconds. The tubes fill up very quickly, so please don't worry if you're not sure if it's full. The lab will tell us if there's any issues with the amount of breath in a sample.

The sample is now complete. Write the time on the request form and the sample tube and place the completed sample back in the pouch.
5. Drink the lactulose solution, you can pour this into a glass or drink directly from the sachet. You can drink a small glass of water with this if you want.

Take a note of the time and don't drink any water for the next hour.
6. After 30 minutes, take the next breath sample as per Step 4.

