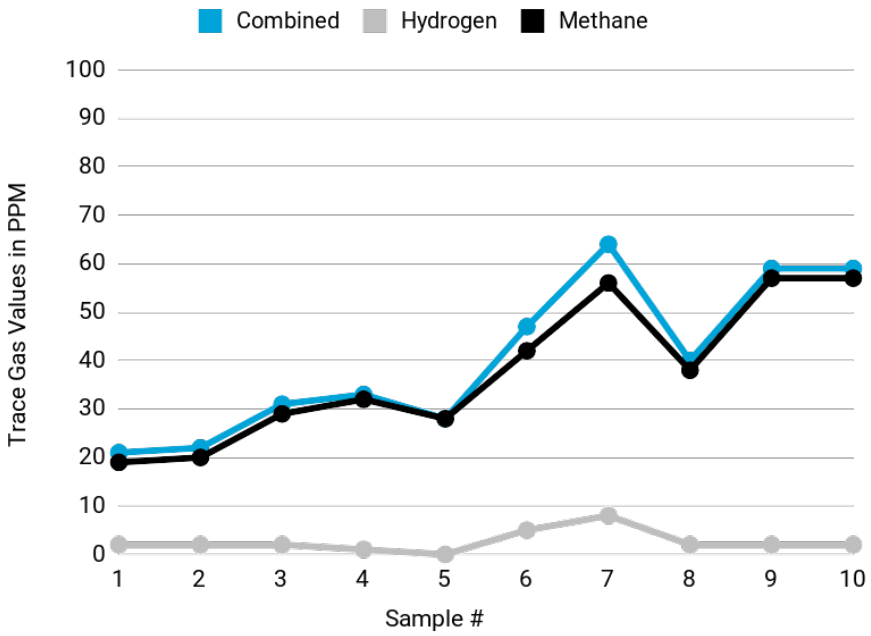
SIBOTest
PO Box 1266
Mullumbimby, NSW 2482
Australia
customersupport@sibotest.com

Patient First Name:		**Patient Last Name**	
Patient DOB:		**Patient Gender**	
Practitioner Name:	Matthew Douglas	**Type of Test Performed:**	Lactulose
Date Samples Collected:	14-Oct-19	**Date of Analysis:**	17-Oct-19

Data



#	Sample	ppm H_2 (Hydrogen)	ppm CH_4 (Methane)	Combined	CO_2 %
1	Baseline	2	19	21	3.4
2	20 min	2	20	22	3.3
3	40 min	2	29	31	3.0
4	60 min	1	32	33	3.8
5	80 min	0	28	28	3.5
6	100 min	5	42	47	4.2
7	120 min	8	56	64	3.9
8	140 min	2	38	40	3.5
9	160 min	2	57	59	3.1
10	180 min	2	57	59	3.1

Interpretation	Reference Ranges	Your Test Results
SIBO Suspected – Elevated Hydrogen	Increases of hydrogen greater than 20ppm over the lowest preceding value within the first 100 minutes are indicative of bacterial overgrowth. Levels between 100-120 minutes are considered borderline. **See additional interpretation**	**NEGATIVE**
SIBO Suspected - Elevated Methane	Increases of methane greater than 12ppm over the lowest preceding value within the first 100 minutes are indicative of bacterial overgrowth. Levels between 100-120 minutes are considered borderline. **See additional interpretation**	**POSITIVE**
SIBO Suspected - Elevated Combined Hydrogen & Methane Gasses	Increases of combined hydrogen and methane gas values greater than 15ppm over the lowest preceding value within the first 100 minutes are indicative of bacterial overgrowth. Levels between 100-120 minutes are considered borderline. **See additional interpretation**	**POSITIVE**

Hydrogen (H_2) and Methane (CH_4) values corrections are based on CO_2 content in the samples. CO_2 is not used for diagnosis, only for quality assurance of samples. *Correction is based on contamination with room air or bronchial deadspace air, typically good samples are around 5.5% CO_2. Poor samples are typically below 1.5%. If a sample is considered "poor" the charted result cannot be determined accurately due to contamination of the sample. This does not mean the test is inconclusive in all cases.

Notes

Patient reported no improvement of symptoms while on the preparation diet

Patient reported symptoms of gas, bloating and abdominal discomfort during testing

Additional Information and Interpretation

High Baseline: Some doctors interpret a baseline gas above normal as positive. This is particularly true for methane since a high baseline and an early rise is a standard methane pattern. Gas levels that fall after an elevated baseline and continue to reduce or remain low during the first two hours, may indicate an improper preparation diet.

Methane > 3ppm: Some doctors interpret methane ≥ 3ppm at any point in the test as positive and may be suggestive of small intestinal bacterial overgrowth with the presence of constipation. Levels of methane that are greater than or equal to 3ppm at any time during the test are indicative of methanogen presence which has been correlated in studies to IBS constipation type and chronic constipation. The Quintron Breathtracker is positive +/- methane 3ppm therefore SIBOtest recommends considering a positive methane reading as > or equal to 6ppm.

Level vs. Increase: The standard interpretation of results for SIBO uses the difference between the peak level compared to the lowest previous level in the first 100 minutes (some doctors extend this interpretation time to 120 minutes). If this increase is equal or greater than 20ppm for H_2 or equal or greater than 12ppm for CH_4 – SIBO is diagnosed. Some doctors use an absolute value (rather than an increase) of 20ppm (H_2) or 12ppm (CH_4) to indicate SIBO.

References: References available upon request