

PREPARATION FOR THE TEST

Review the enclosed *Preparation*

***Guidelines* prior to performing this test!**

Any recent antibiotic treatment, barium study, colonoscopy, runny diarrhea or similar conditions can affect the test; therefore, **DO NOT perform this test within 14 days of any of these conditions.**

- Avoid foods listed in the *Preparation Guidelines* sheet 12 hours prior to fasting.
- No smoking, including second-hand smoke, for at least 1 hour before or at any time during the test.
- No sleeping or vigorous exercise for at least 1 hour before or at any time during the test.
- With the exception of water, do not eat/drink anything while fasting or during the test! This can cause false-positive readings or cause your test to be unreadable.
- Suggested meals prior to fasting are located in the *Preparation Guidelines* sheet.
- If you are on any medication or special diets that conflict with these test instructions, it is recommended to speak with your physician before performing this test.

Prepare Test Solution - DO NOT DRINK YET!!!

If you are unable to determine your dosage amount, consult your physician.

1. Mix the packet of the enclosed substrate into 10 oz. (296 ml) of water.
2. Find your weight in the *Mixing Chart* below.
3. Remove required amount of solution based on your weight.
4. Add required amount of water to the remaining solution. Set drink aside.

MIXING CHART

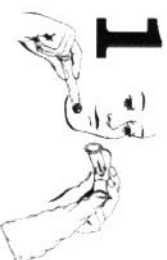
Weight		Remove Solution, Add Water	
lbs.	kg	oz.	ml
100-120	45-54	5	148
121-142	55-64	4	118
143-164	65-74	3	89
165-186	75-84	2	59
187-208	85-94	1	30
209+	95+	0	0

SAMPLE CHART

Sample	Collection Time
Baseline	Before drinking
#1	20 min. after drink
#2	40 min. after drink
#3	60 min. after drink
#4	80 min. after drink
#5	100 min. after drink
#6	120 min. after drink
#7	140 min. after drink
#8	160 min. after drink

PERFORMING THE TEST (Collection Steps)

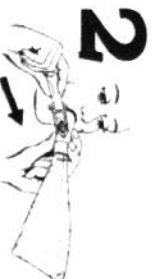
Collect your baseline sample following steps 1-4.



Hold the EasySampler device in one hand and a collection tube in the other hand.

You will only exhale once per each sample collection.

Take a normal breath in (do not take a deep breath) close your mouth around the mouthpiece then blow out normally.



As you exhale, the bag fills with air. Keep it inflated.

During your same exhalation, insert the test tube into the needle holder completely so the stopper on the tube is punctured.

Remove the tube after 1-2 seconds and stop exhaling.



Keep the bag inflated until after the test tube is removed from the test tube holder.

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Complete the tube label provided.
Make certain you label the Sample # correctly or your results will be inconclusive.

After collecting your baseline sample, drink the test solution you prepared.
After drinking the solution, collect one sample every 20 minutes.
Collect all samples following the *Sample Chart* and *Collection Steps* 1-4.

Put collection test tubes in the bubble bag(s). Place the bubble bag(s), any paperwork, and the EasySampler back in the cardboard container, and return to the laboratory for analysis immediately.

Return the kit immediately, it must be analyzed within 8 days!