

# EasySampler™ Bacterial Overgrowth Test (SIBO)

Your doctor has asked you to perform the Small Intestinal Bacterial Overgrowth (SIBO) Breath Test.  
If you have questions during the test please consult your physician.

## BEFORE YOU START THE TEST

Please read all directions and familiarize yourself with the test procedures.  
The test results will be useful only if the samples are properly collected.



Do not insert your finger into the tube holder of the EasySampler at any time; it contains a sharp needle.

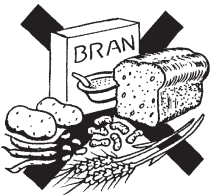


Do not loosen or remove the tops of the vacuum-sealed collection tubes; this will destroy the vacuum and make the tubes useless for this test.

## KIT CONTENTS

- EasySampler with tube holder
- 10 - Vacuum-sealed collection tubes
- Labels for the collection tubes
- This SIBO Breath Test instruction sheet
- 10 gram packet of Kristalose® (lactulose powder)
- Box for return shipment to the laboratory

## PREPARATION FOR THE TEST



On the day before the test, **do not** eat high fiber or slowly-digesting foods. Foods to avoid include: bran, coarse breads, nuts, beans and similar vegetables, and starches except for rice.



What you eat may interfere with the test, so it is important that for at least 12 hours before the test you eat **NO** food and have only water to drink.



Do not sleep or exercise vigorously for at least 1/2-hour before, or at any time during, the test.  
Do not smoke for at least 3/4-hour prior to or during the test.

Notify your doctor or nurse if you have had any recent antibiotic treatment or runny diarrhea, since these conditions can also affect the test.

Test instructions located on other side of page.



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# INSTRUCTIONS FOR DOING THE TEST

## Getting Ready

Fill out each tube label provided, labeling each tube 1-10, use the LOT ID on the kit label when filling in the KIT ID section on the label. You will take samples in the order you mark the tubes. **Do NOT mix up the tubes when sampling or your results will be invalid.**

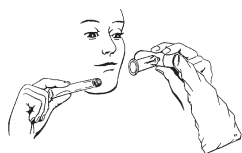
<b>QuinTron</b> Sample #: _____	
Patient Tracking Label	
Date/Time: _____	
Patient: _____	
SIBO: _____ Lactose _____ Fructose _____	
Sucrose _____ Other _____	



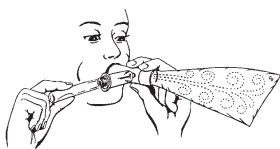
## Doing the Test

The EasySampler device is pre-assembled and protected in a sealed plastic bag. Carefully remove the collection device from the bag. If you are under 100 lbs you must roll down the bag to your weight.

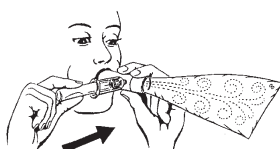
### **READ THE INSTRUCTIONS BELOW BEFORE DRINKING THE SOLUTION OR TAKING ANY SAMPLES.**



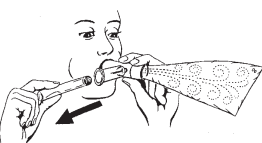
- 1.** DO NOT DRINK ANY SOLUTION YET, WAIT UNTIL STEP 5.  
Hold the EasySampler in one hand and the test tube #1 in the other hand.



- 2.** Take a normal breath in (not a deep breath), close your mouth around the mouthpiece and exhale (blow out) normally. **Keep Blowing.**



- 3.** Continue to blow into the mouthpiece to keep the bag inflated and insert the test tube into the needle holder completely so that the stopper is punctured by the needle in the needle holder. **Keep Blowing.**



- 4.** **Stop Blowing**  
After 1-2 seconds, pull the test tube out of the tube holder and set it aside.

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



- 5.** After collecting sample #1 (Baseline) you need to drink the solution for the test. Do not follow the dosage instructions printed on the packet.

If you weigh 22 lbs. or more, mix the entire packet of lactulose in 8 ounces of water; you must finish drinking the entire contents within 3-5 minutes. Patients less than 22 lbs. should consult their physician regarding for dosing requirements.

**You may resume quiet activity, but do not eat, smoke, sleep or exercise vigorously for the next three hours.**



<b>QuinTron</b> Sample #: _____	
Patient Tracking Label	
Date/Time: _____	
Patient: _____	
SIBO: _____ Lactose _____ Fructose _____	
Sucrose _____ Other _____	



- 6.** After drinking the solution, collect one breath sample every 20 minutes using steps 1-4.

**Collect each remaining breath samples #2-10 following steps 1-4, every 20 minutes until all tubes are used which will take three hours in total.**

Record the **date and time** the breath samples were collected on each tube.

- 7.** Put the 10 test tubes in the bubble bag. Place the bubble bag, any paperwork and the EasySampler back in the cardboard container, and return to the laboratory for analysis immediately.

**Breath samples must be returned/mailed within 3 days of collection.**

The results will be forwarded to your doctor as soon as the samples are analyzed.