

So your practitioner thinks you may have SIBO

(small intestine bacterial overgrowth)



WHAT IS SIBO?

Small intestine bacterial overgrowth is the leading cause of irritable bowel syndrome. It is a condition in which bacteria which are normally found in the large intestine have overgrown into the small intestine.

SIBO is also associated with a number of chronic illnesses which you can read about on [sibotest.com](https://www.sibotest.com). You can also watch an informative 4 minute video about SIBO and **take the quiz**.

COMMON SYMPTOMS OF SIBO

- Bloating after meals
- Burping after meals
- Gas/wind
- Abdominal cramping
- Diarrhea or constipation or alternating
- Acid reflux
- Nausea
- Acne rosacea
- Leaky gut symptoms (food sensitivities, joint pain, brain fog, etc)



HOW IS SIBO DIAGNOSED?

SIBO can be diagnosed via a simple, non invasive breath test. Bacterial overgrowth can cause a rise in gases which are not produced by humans. These gases are hydrogen and methane, which diffuse from the small intestine into the blood and are carried to the lungs where they are exhaled. By capturing the breath after a specific prep diet, hydrogen and methane gases are easily assessed. Best of all, the test is conveniently done at home.

HOW TO ORDER THE TEST

Please go to www.sibotest.com to order the test kits. You will not need a prescription from your practitioner. Please enter your practitioner's details when ordering so we can forward the test results.

WHAT TYPE OF TESTING SHOULD YOU ORDER?

(Practitioner to check box)

- ☐ Lactulose only (SIBO Basic)
- ☐ Lactulose and Glucose
- ☐ Add on Fructose

IMPORTANT POINTS ABOUT TESTING

- You must wait 1 month after a colonoscopy or Barium enema before testing
- Certain medications can interfere with testing. Please read about these on the Prep Diet Handout as you may have to discontinue them prior to testing
- If your practitioner wants you to complete Lactulose and Glucose, be prepared to be on the prep diet for at least 2 consecutive days as each test is done on a different day

You are now ready to order your test kit.
Please go to www.sibotest.com

Hydrogen/Methane breath testing from SIBOtest.com is a fast, reliable tool for identifying SIBO!