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22 YACCA WAY
ALDINGA SA 5173

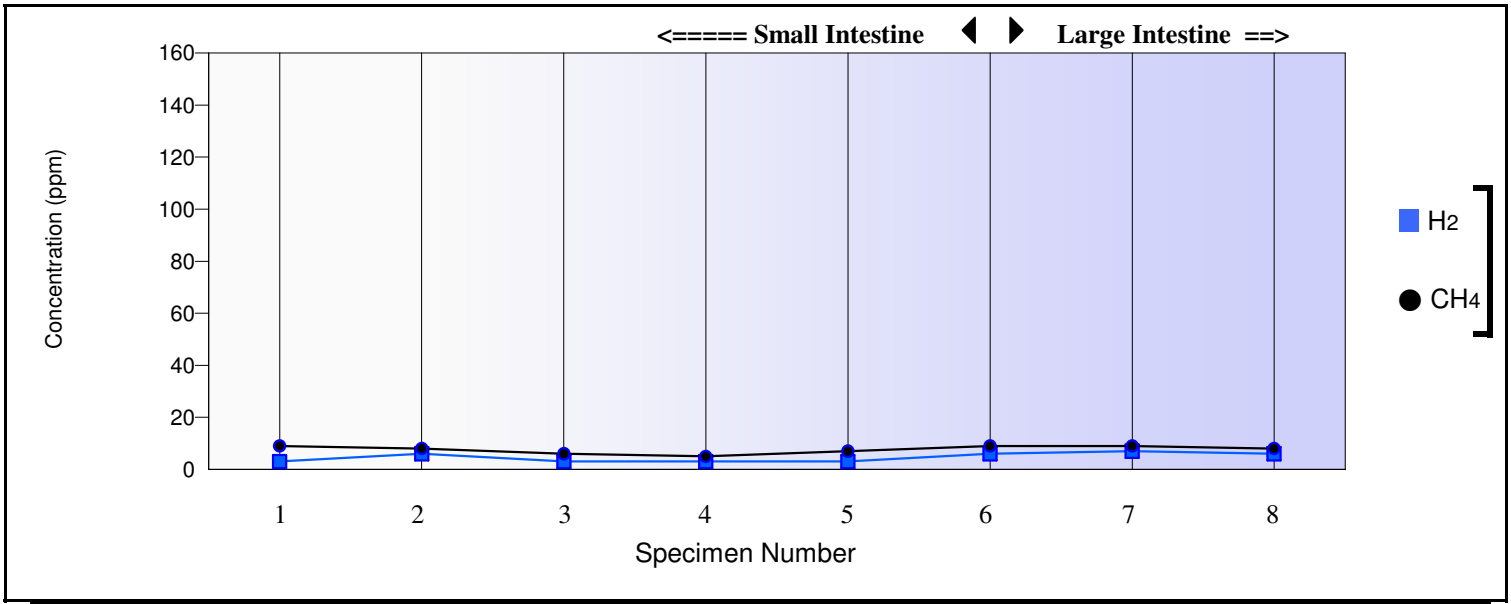
LAB ID : 3931938
UR NO. : 6201319
Collection Date : 07-Nov-2023
Received Date: 08-Nov-2023

3931938

SMALL INTESTINAL BACTERIAL OVERGROWTH (SIBO) - 3 HOUR Breath Test

Hydrogen (H_2) and Methane (CH_4) Breath Gases

Methodology: GC-TCD/SSS



Hydrogen (H_2), Methane (CH_4) and Carbon Dioxide (CO_2) (ppm)

	S1 0 mins	S2 20 mins	S3 40 mins	S4 60 mins	S5 90 mins	S6 120 mins	S7 150 mins	S8 180 mins
H_2	3	6	3	3	3	6	7	6
CH_4	9	8	6	5	7	9	9	8
$H_2 + CH_4$	12	14	9	8	10	15	16	14
CO_2 **	Π	Π	Π	Π	Π	Π	Π	Π
Actual Collection Times								
Actual Time	8:01	8:21	8:41	9:01	9:31	10:01	10:31	11:01
Actual Interval	0	20	40	60	90	120	150	180

** CO2 is measured for quality assurance: Πindicates the CO_2 level is acceptable O indicates room air contaminiation exceeding acceptable limits

Evaluation for Hydrogen (H_2)

Hydrogen increase over baseline by 90 minutes

	Result	Expected Value
Change in H_2	3	< 20 ppm

A rise of >= 20ppm from baseline in hydrogen by 90 min should be considered a positive test to suggest the presence of SIBO

Evaluation for Methane (CH_4)

Peak methane level at any point

	Result	Expected Value
CH_4 Peak	9	< 10 ppm

A peak methane level >= 10 ppm at any point is indicative of a methane-positive rise

Printed: 8/Nov/2023

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Laboratory Comments

GENERAL CONSIDERATIONS FOR BREATH TESTING
Small Intestinal Bacterial Overgrowth (SIBO) is a heterogeneous syndrome characterised by an increase in the number and/or the presence of atypical microbiota in the small intestine. The SIBO breath test relies on measurement of gases (Hydrogen and Methane) produced by microbiota in the intestine following ingestion of lactulose in a fasting state.
The test also measures Carbon Dioxide as an indicator of correct collection procedure. Carbon Dioxide levels exceeding acceptable limits indicate room air contamination likely at the time of sample collection. The integrity of these samples is questionable and results are designated as " X " (NR-Non-Reportable).

The transit time of lactulose in healthy fasting patients is approximately 90 minutes, but is found to vary in other patients. As such, transit time should be taken into consideration when interpreting breath testing results.

REPORT INTERPRETATION:
SIBO Test results need to be viewed in terms of Hydrogen production, Methane production and Total Hydrogen and Methane production.

A rise in Hydrogen of >20 ppm over baseline in the first 90 minutes of testing, is considered SIBO-Positive.

A peak methane level >10 ppm at any point indicates a methane-positive result, and is considered SIBO-Positive.

A rise in the combined gases (Hydrogen and Methane) level over baseline of 12 - 32 ppm is indicative of a mild SIBO condition, whilst a level of 33 ppm or greater is indicative of a severe SIBO condition.

YOUR SUMMARY:

This report indicates normal Hydrogen and Methane levels which is interpreted as, NOT indicative of SIBO.

A normal result does not completely exclude the possibility of S.I.B.O. If clinical symptoms are present, a suggested follow up test may be recommended.

Intestinal disorders such as parasites, infections, food intolerances diminished enzyme and HCL production, dysbiosis and a lack of fibre can mimic SIBO-like symptoms.

Further testing may be considered such as:
CDSA Level 1 Code 2003
IgG 96 Foods-General Code 3206