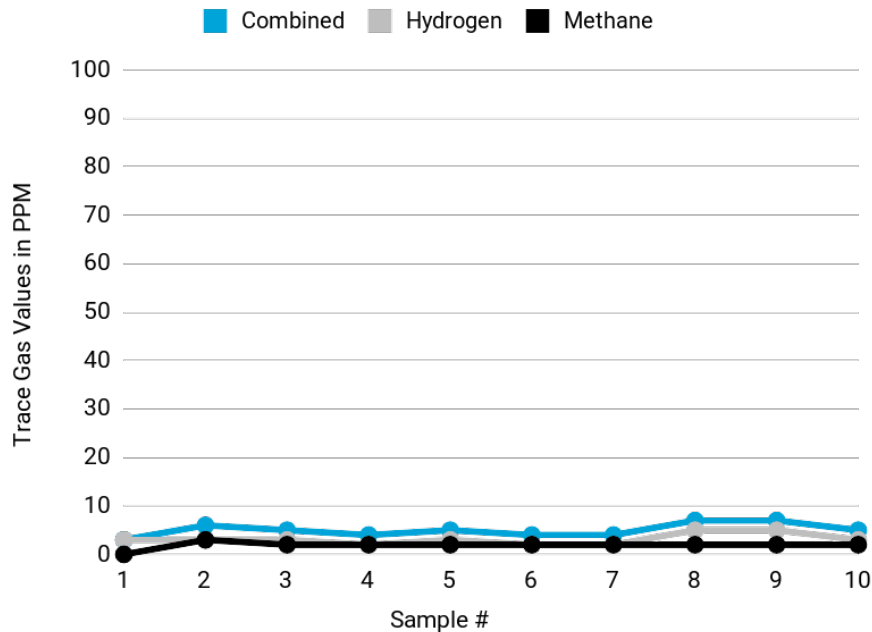


Patient First Name:	Joanna	Patient Last Name	Giakoumatos
Patient DOB:	5-Sep-1995	Patient Gender	Female
Practitioner Name:	Dr Ameeta Gajjar	Type of Test Performed:	Glucose
Date Samples Collected:	30-Jul-22	Date of Analysis:	10-Aug-22

Data



#	Sample	ppm H ₂ (Hydrogen)	ppm CH ₄ (Methane)	Combined	CO ₂ %
1	Baseline	3	0	3	3.8
2	20 min	3	3	6	3.6
3	40 min	3	2	5	3.6
4	60 min	2	2	4	3.4
5	80 min	3	2	5	3.3
6	100 min	2	2	4	3.4
7	120 min	2	2	4	3.2
8	140 min	5	2	7	3.4
9	160 min	5	2	7	3.5
10	180 min	3	2	5	3.4

Interpretation	Reference Ranges	Your Test Results
SIBO Suspected – Elevated Hydrogen	Increases of hydrogen 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	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	NEGATIVE
SIBO Suspected – Elevated Combined hydrogen & methane gasses	Increases of combined hydrogen and methane gas values 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	NEGATIVE

Hydrogen (H₂) and Methane (CH₄) values corrections are based on CO₂ content in the samples. CO₂ 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% CO₂. 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 abdominal discomfort and eructation during testing

Minimal evidence of proximal fermentation

Additional Information and Interpretation

- Hydrogen Baseline Reading - should read below 10 ppm if performing a the Methane Spot Retest and disregarded if performing the Constipation Breath Test.
- Methane Spot Retest - Methane levels are considered in relation to the previous Lactulose breath test baseline reading to monitor treatment efficacy.
- Constipation Breath Test - Methane is high if reading is >10 ppm.

References:

1. Rezaie A, Buresi M, Lembo A, Lin H, McCallum R, Rao S, et al. Hydrogen and methane-based breath testing in gastrointestinal disorders: The North American Consensus. The American Journal of Gastroenterology. 2017;112(5):775.
2. Triantafyllou K, Chang C, Pimentel M. Methanogens, methane and gastrointestinal motility. J Neurogastroenterol Motil. 2014;20(1):31-40.