H_2/Methane Breath Test – HOME KIT

STREAM DIAGNOSTICS
H_2 Methane BREATH TESTING

ABN: 29 102 270 468
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Date: 22.10.2025

For Patient: FLANAGAN, Halley D.O.B: 01/01/1986
Address: 9A Mill Street, Mullumbimby NSW 2482 Phone: 0432 354 273

Clinical Question: ? Fructose malabsorption

Time (min)

Lactulose 2025	**0**	**20**	**40**	**60**	**80**	**100**	**120**	**140**	**160**	**180**	**Symptoms**
Hydrogen (ppm)	**2**	**2**	**2**	**2**	**3**	**5**	**9**	**5**	**9**	**28**	**Borborygmi**
Methane (ppm)	**3**	**2**	**4**	**4**	**3**	**5**	**7**	**5**	**7**	**13**	

Time (min)

Fructose 17.10.25	**0**	**20**	**40**	**60**	**80**	**100**	**120**	**140**	**160**	**180**	**Symptoms**
Hydrogen (ppm)	**5**	**5**	**32**	**93**	**49**	**38**	**25**	**14**	**1***	**7**	**None reported**
Methane (ppm)	**5**	**5**	**12**	**22**	**18**	**14**	**11**	**8**	**1***	**7**	

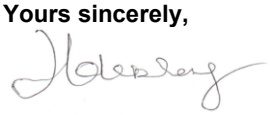
***Comment*: This study supports evidence of Fructose malabsorption.**

**** Reading is low due to dilution of sample with room air in breath sample bag***

BreathTracker Specifications:
Resolution: 1ppm H2 and CH4
Accuracy: ± 2-3 ppm or 5% of full range for H2 and CH4
Linear Range: 2-150ppm H2; 2-75ppm CH4

Sugar Doses – 12 years and older:
Lactulose: total volume 100ml - Pure Lactulose 10g
Fructose: total volume 200ml - Pure Fructose 25g
Lactose: total volume 200ml - Pure Lactose 25g
Sorbitol: total volume 100ml - Pure Sorbitol 10g
Glucose: total volume 200ml - Pure Glucose 75g
Sucrose: total volume 200ml - Pure Sucrose 35g
Mannitol: total volume 100ml - Pure Mannitol 10g
(Patients 6-11 years – sugar amount and total volume is 1g per kg up to the maximum dose as listed above)

Yours sincerely,



Helen Dong - Senior Medical Scientist

PLEASE NOTE: These breath tests provide you with a diagnosis regarding carbohydrate malabsorption/intolerance +/- SIBO/IMO.
As symptoms you may be experiencing can be the result of other illnesses,
We recommend a consultation with your practitioner, who can advise you on these issues.

How these tests work: Carbohydrates (sugars) are fermented by bacteria to produce hydrogen and/or methane which, in most people, will be found in expired air. If these gases are produced following the ingestion of a carbohydrate, this indicates a malabsorption/intolerance of that carbohydrate +/- the presence of bacteria/archaea in an abnormal place (ie: SIBO or IMO).

Notes on the interpretation of breath hydrogen and methane tests: ***FODMAP tests*** - A rise in Hydrogen ≥20ppm above baseline breath sample is considered a positive response. If there is <5ppm hydrogen response for any sugar, breath methane results are used. A rise in Methane ≥10ppm above baseline breath sample is considered a positive response. A hydrogen rise of 10-19 ppm above the baseline is considered an equivocal positive response. ***Lactulose SIBO test*** – A rise in Hydrogen ≥20ppm above the baseline breath sample or in Methane ≥10ppm above baseline breath sample between 60-90mins of sampling, indicates presence of proximal/distal SIBO / IMO. ***Glucose SIBO test*** - A rise in Hydrogen ≥20ppm above the baseline breath sample or in Methane ≥10ppm above baseline breath sample indicates the presence of proximal SIBO / IMO.
When the baseline breath Hydrogen is >10ppm, interpretation of results is more difficult and may be up to the discretion of your practitioner. This can be due to insufficient test preparation and/or sampling error (Home Test Kit). In contrast to breath hydrogen, there is often a high baseline breath methane, which does not impact on interpretation.

The gas numbers produced during each test do not necessarily reflect severity of the malabsorption/intolerance. A small percentage of the population does not produce either hydrogen or methane as an indicator of fermentation.