

HOW DOES THE SIBO TEST WORK?

A restricted diet is required for 24 hours in preparation.

A baseline breath sample is collected, and then either a lactulose, or glucose test substrate is consumed.

Bacteria within the gut may ferment the lingering substrate and produce hydrogen and/or methane. These gases are absorbed into the bloodstream and exhaled through the breath.

Breath samples are collected every 15-20 mins (depending on the substrate used) for up to 3 hours and analysed for the amount of Hydrogen, Methane and CO₂ produced.

The test can be done at home.

NOTE:

Thorough instructions for testing are included in each test kit. The Good Health Room will guide you with any specific questions.