

Healthpath Pro's SIBO Breath Test

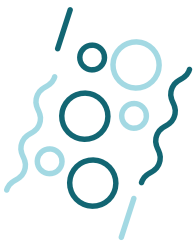
Healthpath Pro's **Small Intestinal Bacterial Overgrowth (SIBO) Breath Test** shows you what's going on inside your gut. By assessing any imbalances of hydrogen and methane in the small intestine, to find out what's contributing to symptoms.

The test provides technical information on three key gases:



1 | Hydrogen

A rise in hydrogen of greater than or equal to 20 p.p.m by 90 minutes during lactulose breath testing for SIBO is considered positive.



2 | Methane

A methane level of greater than or equal to 10 p.p.m is considered methane positive.



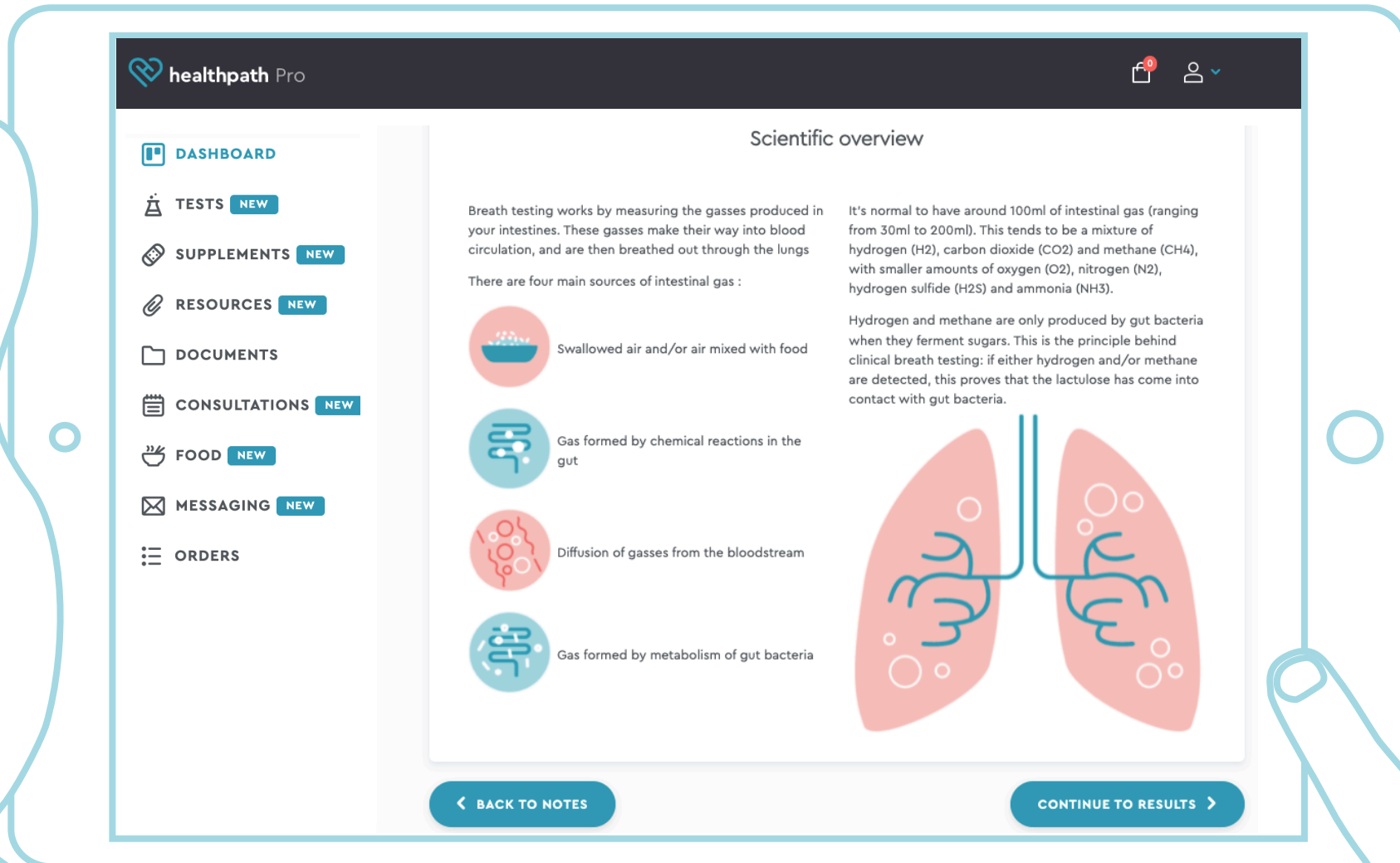
3 | Hydrogen Sulfide

It is thought that when hydrogen and methane gases are very low, especially throughout the three hours, that hydrogen sulfide SIBO may be present.

Why take a SIBO Breath test?

Anyone suffering from IBS or fibromyalgia would benefit from this SIBO test. This is because 84% of IBS cases are actually believed to be SIBO, while 77% of people with fibromyalgia also have SIBO. If you suffer from digestive symptoms (diarrhoea, constipation, bloating), or you have food intolerances (especially to certain carbohydrates), a SIBO test could be helpful for you.

In your report, you will get an overview of what your SIBO test looks for:



A detailed explanation of your gas levels:

healthpath Pro

- DASHBOARD
- TESTS **NEW**
- SUPPLEMENTS **NEW**
- RESOURCES **NEW**
- DOCUMENTS
- CONSULTATIONS **NEW**
- FOOD **NEW**
- MESSAGING **NEW**
- ORDERS

Gas Type	Status	Explanation
Hydrogen	POSITIVE	A rise in hydrogen of greater than or equal to 20 p.p.m. by 90 minutes during lactulose breath testing for SIBO is considered positive.
Methane	POSITIVE	A methane level of greater than or equal to 10 p.p.m. is considered methane positive.
Hydrogen Sulfide	NEGATIVE	It is thought that when hydrogen and methane gasses are very low, especially throughout the three hours, that hydrogen sulphide SIBO may be present.

Time (minutes)	Hydrogen (ppm)	Methane (ppm)
0	10	0
20	2	0
40	5	0
60	14	0
80	28	8
100	60	23
120	69	23
140	56	10
160	72	25
180	72	23

The most recent guidelines for interpreting SIBO Breath Test results come from 'The North American Consensus'.

Plus a copy of the original lab report:

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Hydrogen Breath Test using Lactulose

Reference:

Date of birth:

Patient:

Sex:

Referred by: Healthpath Limited

Sample date: 17/10/2021

Protocol: 10gm of lactulose diluted in 200ml of water.

Method: Hydrogen and methane values measured every 20 minutes for 180 minutes

Basal levels: Hydrogen = 1 ppm Methane = 0 ppm

