



Winchester  
Gastroenterology  
Associates

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[www.winchestergastro.com](http://www.winchestergastro.com)

## SIBO Breath Testing

**Appointment Date:** \_\_\_\_\_ **Arrive by 8:00am.**

**Self-Pay Patients: Please be aware that a fee of \$180.00 will be required at the time of testing.**

**If you have Virginia Premier or Optima Medicaid, please be advised that your insurance *requires* an authorization that can take up to 2 weeks. Please ensure we have this authorization prior to your testing.**

### Testing Information

SIBO stands for small intestinal bacteria overgrowth. These bacteria are normal within your lower intestine, but sometimes travel to the small intestine. When these bacteria digest food, they produce gasses (Hydrogen and Methane) which will be recorded throughout the length of the test ultimately indicating bacteria overgrowth.

The test is 2 hours long and requires you to take short breaths into a tube every 15 minutes. After your first breath, you will be required to drink a cup of dextrose water (sugar water) that will need to be finished before it is time for your second breath.

You cannot have gum, mints, or any hard candy. You may have as much water as you'd like; feel free to bring some or we can provide some to you. If you smoke, please be sure to avoid smoking one hour prior to testing and be aware that smoke breaks during testing are not permitted.

Throughout the length of the test you must stay awake. Magazines and a television are available, but you are also free to bring something of your choice to occupy your time. Guests are welcome to accompany you, but are not allowed in the testing room due to HIPAA. If you wish to sit with them you will be asked to sit in the waiting room and will be pulled every 15 minutes for your breath.

## **Patient Preparation Instructions for SIBO Testing**

(Test is 2 hours long and there is space in testing room for the patient only. You may have to share the room with up to 2 other patients that are also testing.)

**NO** ANTIBIOTICS OR Colonoscopies/Barium Studies **2 weeks** prior to testing.

- Patient needs to be NPO (**nothing by mouth except water**) for **12 hours prior to test** (starting at 8pm the night before)
- No smoking including second hand smoke for 1 hour prior or at any time during the test
- No sleeping or vigorous exercise for at least 1 hour prior, or at any time during the test
- No antibiotics for at least 14 days prior to testing
- No probiotics the day before testing
- No fiber 2 days prior to testing including the day of testing
- *You may take your usual medications with water the morning of the test. If you are diabetic please be prepared to eat at 11am.*

During the test:

- You may only drink water during testing
- NO gum, hard candy or mints during testing

**IF ANY OF THESE APPLY TO YOU, YOU WILL BE REQUIRED TO RESCHEDULE YOU TEST.**

**Listed are foods allowed for 24 hours prior to testing (prior to 8pm)**

FOODS YOU **CAN** EAT THE DAY PRIOR TO TESTING:

- Baked or broiled chicken or turkey (salt and pepper only)
- Baked or broiled fish
- Plain, steamed white rice
- Eggs
- Chicken or beef broth
- Black coffee (no cream or sugar) **NO DAIRY, NO BREAD, NO OIL, NO BUTTER, NO SPRAYS**
- Unsweet tea
- Water
- *Everything is required to be plain, skinless, unseasoned, no sauces, etc.*

**\*\*\*PLEASE ARRIVE BY 8:00AM\*\*\***

~If you arrive 10 minutes past your scheduled time, you may be asked to reschedule.

~If you need to reschedule your test or have questions, please call

**Laurie at 540-667-1244 Ext 214 Monday through Thursday 8am – NOON**

**YOU WILL BE REQUIRED TO HAVE A COVID SCREEN AND TEST NEGATIVE BEFORE THE SIBO TEST WILL BE ADMINISTERED**