



DIGESTIVE HEALTH

Small Intestinal Bacterial Overgrowth Report

Department of Laboratory Medicine

WRHN@Queen's Blvd

ICL Number:

Sample Collected

Sample Received

Name:

Gender:

DOB:

Practitioner:

Practitioner

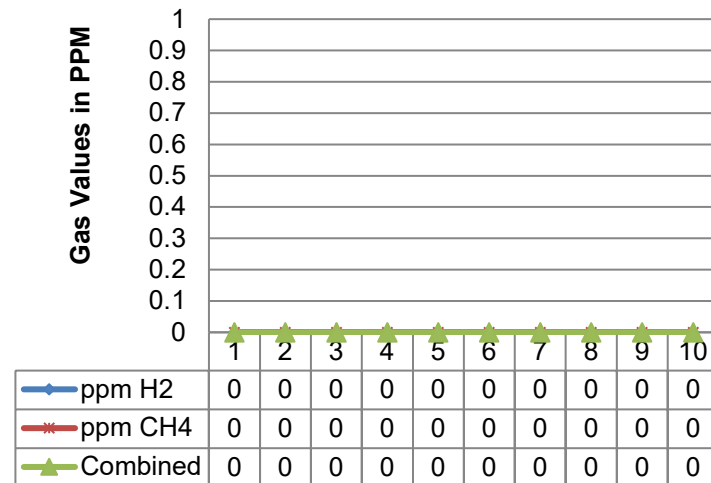
Substrate:

Lactulose

IMPRESSION:

OVERALL IMPRESSION

SIBO 3-hour Breath Test



Summary of Analysis

Gases analyzed	Delta Result in ppm	Small Intestine Expected Results
H2	0	<20 ppm
CH4	0	<12 ppm
Combined H2 & CH4	0	<15 ppm

ppm: parts per million

C02: samples are corrected for C02 concentration to eliminate variances in collection.

A (✓) indicates an acceptable sample.

INTERPRETATION

INTERPRETATION

Sample Analysis Chart

Time	Sample #	ppm H2	ppm CH4	Combined	C02
Baseline	1	0	0	0	✓
20 MIN	2	0	0	0	✓
40 MIN	3	0	0	0	✓
60 MIN	4	0	0	0	✓
80 MIN	5	0	0	0	✓
100 MIN	6	0	0	0	✓
120 MIN	7	0	0	0	✓
140 MIN	8	0	0	0	✓
160 MIN	9	0	0	0	✓
180 MIN	10	0	0	0	✓

**Refer to the SIBO Breath Test Interpretive outline on page 2 for assistance.



SIBO BREATH TEST INTERPRETIVE OUTLINE

ICL Number 0

The following information is to assist practitioners with the interpretation of patient results:

A patient is suspected to be **POSITIVE** for SIBO if they meet at least one of the following:

LACTULOSE SUBSTRATE	GLUCOSE SUBSTRATE
Hydrogen value 20ppm delta increase over the lowest preceding level within 90 minutes	Hydrogen value 12ppm delta increase over the lowest preceding level within 90 minutes
Methane value 12ppm delta increase over lowest preceding value within 90 minutes	Methane value 12ppm delta increase over lowest preceding value within 90 minutes
*Note: As of 2017 North American Consensus guidelines recommend evaluating results for SIBO within 90 minutes of substrate intake. The current protocol involves specimen collection at 20 min intervals and results have been evaluated up to and including sample number 6 collected at 100min.	

A patient is considered to be **METHANE POSITIVE** if:

There is a peak methane gas value of ≥ 10 ppm on ONE or more sample tubes. Methane positive may suggest a patient has methanogen overgrowth which is a key contributor to IBS.
Note: METHANE POSITIVE results may also be caused by constipation, obesity or not following the dietary restrictions as outlined in the patient instruction brochure. Elevated methane levels may falsely decrease H2 results leading to a false-negative calculated SIBO result.

Elevated Baseline

An elevated baseline may indicate the patient has not followed the test preparatory instructions. There are pieces of literature that suggest a baseline H2 gas result of greater *than 20 ppm* may be an indication of bacterial overgrowth, but the clinical significance is unclear.

UNABLE TO INTERPRET

These are the most common sampling errors and the corrections	
Error	Putting the tube on the needle before breathing into the collection device.
Correction	Ensure you are exhaling BEFORE puncturing the tube.
Error	Taking a VERY large inhalation before collecting the sample.
Correction	Ensure you take a normal breath.
Error	Putting the tube on the needle at the beginning of exhalation instead of mid-exhalation
Correction	Put the tube on mid-exhalation not before.
Error	Puncturing the tube more than once
Correction	Puncture once.

SUM OF H2 and CH4

As of 2017 there is no suggestion for the interpretation of combined gases. Prior to the 2017 guidelines, it was suggested that a rise of more than 15 (lactulose) or 12 (glucose) ppm, is indicative of bacterial overgrowth.