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Dr Test Doctor (Test Doctor) Test Clinic. 123 Test Street, Test

Lab ID
Patient ID P000064
Ext ID 25147-0080

Test Patient
Sex: Male 55yrs 01•Jan-70
123 Home Street, Test

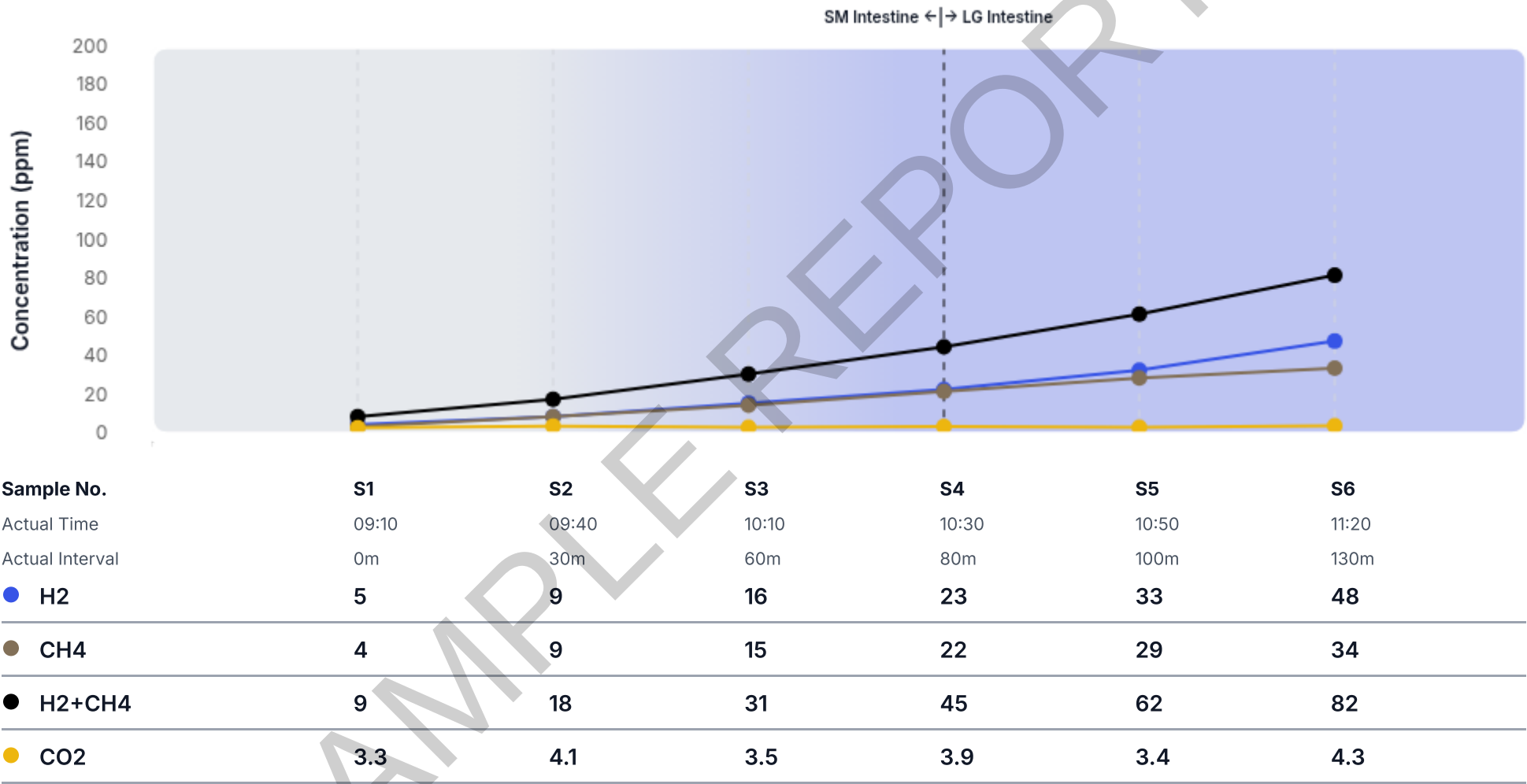
RECEIVED
27-May-25

SIBO Test - Lactulose, 2 hour

Specimen type - Breath

Collected
10-May-25 09:10am, 09:40am, 10:10am, 10:30am, 10:50am, 11:20am

SERVICE	RESULT
SIBO SUBSTRATE	LACTULOSE



Evaluation for Hydrogen (H₂)

Hydrogen increase over baseline by 90 minutes

Change in H₂ 18

Expected value
< 20 ppm

A rise of >= 20ppm from baseline in hydrogen by 90 min should be considered a positive test to suggest the presence of SIBO

Evaluation for Methane (CH₄)

Peak methane level at any point

CH₄ Peak 34 H

Expected value
< 10 ppm

A peak methane level >= 10 ppm at any point is indicative of a methane-positive rise



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SIBO Test Comment

GENERAL CONSIDERATIONS FOR BREATH TESTING

Small Intestinal Bacterial Overgrowth (SIBO) is a heterogeneous syndrome characterised by an increase in the number and/or the presence of atypical microbiota in the small intestine. The SIBO breath test relies on measurement of gases (Hydrogen and Methane) produced by microbiota in the intestine following ingestion of lactulose, fructose or glucose in a fasting state.

The test also measures Carbon Dioxide (CO2) as an indicator of correct collection procedure. Carbon Dioxide levels exceeding acceptable limits ($\leq 2.0\%$) indicate room air contamination likely at the time of sample collection. The integrity of these samples is then questionable and results should be designated as Non-Reportable.

FALSE POSITIVES:

Falsely elevated findings may result from incorrect preparation for performing the SIBO test, incomplete avoidance of high-fibre foods, residual fibre in the intestine due to delayed transit time, residual oropharyngeal (mouth and throat) bacteria, and exposure to tobacco smoke, or napping during collection.

FALSE NEGATIVES:

A breath test finding with low Methane and no Hydrogen throughout the entire test may to be due to an abundance of hydrogen sulfide-producing bacteria, which compete for available hydrogen for production of the hydrogen sulphide gas. For this reason, Methane is measured to rule out false negative hydrogen results.

REPORT INTERPRETATION:

SIBO Test results need to be viewed in terms of Hydrogen production, Methane production and Total Hydrogen and Methane production.

A rise in Hydrogen of >20 ppm over baseline in the first 90 minutes of testing, is considered SIBO-Positive.

A peak methane level >10 ppm at any point indicates a methane-positive result, and is considered SIBO-Positive.

A rise in the combined gases (Hydrogen and Methane) level over baseline of 12 - 32 ppm is indicative of a mild SIBO condition, whilst a level of 33 ppm or greater is indicative of a severe SIBO condition.

ACCREDITATION SCOPE: Please note that the above test is currently not under the laboratory's scope of accreditation.

Methodology

QuinTron BreathTracker (Solid-state sensors + CO₂ normalisation)