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Small Intestinal Bacterial Overgrowth (SIBO) Test - Patient Instructions

***Please bring photo identification and a list of ALL your medications and dosages.**

Test Date: _____ **Appointment Time:** _____ AM PM

You will have your test at: Women's Medicine Collaborative
146 West River Street, Providence, RI 02904
3rd Floor, Suite 11-D

What is this test?

This is a Hydrogen Breath Test to determine if you have an overgrowth of generalized bacteria found in the small intestine which might be a contributor to your symptoms. Glucose is a sugar that will be broken down if bacteria is present in the small intestine with hydrogen as the by-product.

What can I expect?

The test requires you to drink a 10 ounce bottle of sugared water. This is a refrigerated drink that comes in individual bottles.

You will breathe into a machine once before drinking the sugared water for a baseline measurement and then again every 15 minutes after drinking the sugared water. This test can take up to **2 hours**.

Can I take my medication before the test?

Critical medicines such as insulin and those for your heart, blood pressure, breathing, or seizures should be taken with sips of water on the morning of the test.

Non-critical medicines including supplements should not be taken, unless your physician or nurse has instructed you otherwise.

How do I prepare for the test? Please follow these instructions to ensure a successful test:

2 WEEKS BEFORE TEST

You must be off all antibiotics and Pepto-Bismol.

No colonoscopy or barium radiography testing.

2 DAYS BEFORE TEST

Eat a **Low Carbohydrate Diet (see next page)**. The purpose of this diet is to avoid foods that may produce gas in the intestinal tract, which can cause inaccurate test results.

12 HOURS BEFORE TEST

Do not eat or drink anything.

1 HOUR BEFORE TEST

No smoking. Including smokeless tobacco and second hand smoke for at least 1 hour before the test. No sleeping. No vigorous exercise.

We have magazines and you are encouraged to bring anything to occupy your time during the test.

Please call the office if you have any questions or concerns (401) 793-7080.

LOW CARBOHYDRATE DIET			SAMPLE LOW CARBOHYDRATE DIET
ALLOWED		AVOID	DAY 1
Grains/Starches	Rice, quinoa, potato, oatmeal, corn tortillas, popcorn, gluten free, bread/crackers/pasta Cereal: plain cheerios, plain rice/corn Chex, corn flakes, rice krispies	Wheat products (including bread, pasta, crackers, cookies, cake, cereal, flower tortilla), rye, barley	Breakfast: 2 scrambled eggs and 1 banana Lunch: salad with grilled chicken, tomato, cucumber, carrots, feta, balsamic vinegar + olive oil dressing Snack: 1 cup fruit (such as blueberries and strawberries), small handful of peanuts or almonds Dinner: Grilled chicken, baked potato, cup steamed broccoli Snack: 1 cup popcorn
Vegetables	Bell peppers (any color), carrots, chives, cucumber, eggplant, green beans, kale, lettuce, olives, parsnip, spinach, summer/winter squash, zucchini, tomato Limit to ½ cup portion: beets, butternut squash, broccoli, Brussel sprouts, corn, fennel bulb, green peas, sweet potatoes	Artichoke, asparagus, cauliflower, garlic, leeks, mushrooms, okra, onion/shallots, snow peas, sugar snap peas	
Fruit	grapes, honeydew, kiwi, lemon, lime, orange, papaya, pineapple, pomegranate, raspberry, strawberry	Banana, blueberry, apple, apricot, blackberry, cherry, dried fruit (raisins), grapefruit, mango, nectarine, pear, peach, plum, prunes, watermelon	DAY 2
Proteins	Meat, eggs, fish, tofu, most nuts (see "avoid" column), peanut butter, almond butter	Beans, hummus, edamame, cashews, pistachios	Breakfast: plain cheerios with lactose-free milk (such as Lactaid brand) or oatmeal with cinnamon and blueberries Lunch: sandwich with turkey, cheese, lettuce, and tomato on gluten-free bread, plain potato chips or 1 orange Snack: baby carrots and 1 cheese stick Dinner: grilled salmon with lemon, brown rice or quinoa, sautéed zucchini and yellow squash Snack: 1 cup grapes
Dairy	Lactose free milk/yogurt/ice cream, rice milk; any aged or hard cheese including cheddar, provolone, swiss, parmesan, feta, goat, etc.	Milk, yogurt, ice cream, cottage cheese, ricotta cheese, soy milk, almond milk	
Beverages	Water, coffee, tea, sugar free beverages, (crystal light, diet pop)	Regular soda and other beverages with high fructose corn syrup	
Sweeteners	Pure maple syrup, sugar substitutes (such as Stevia), table sugar	Agave, honey, high fructose corn syrup	