

Carefully read all of the following instructions **PRIOR** to starting your collection

The overall collection procedure is divided into **FOUR** main parts:

### Unpacking your kit to ensure all contents are inside.

Prior to starting, ensure all of the kit contents are in the box as outlined in the "kit contents" section. Review the "Getting Ready for Your SIBO Test" on the requisition. If anything is missing or you have questions, contact your practitioner.

### Getting ready for your test.

A 24-hour preparation is required prior to starting the test. Prep is divided into two 12 hr periods: a 12-hr restricted diet and a 12-hr fast (water allowed and normal dental care). If a combo test has been ordered, collect lactulose first.

### Safe collection of your breath samples

Follow the 3-hr collection procedure very carefully to ensure the results are accurate. Samples must be shipped within 3-days of collection. We recommend you collect at the beginning of the week so they can be picked up and delivered between Monday and Thursday.

### Packaging and shipping your samples.

Once completed follow the packaging instructions carefully and ship to ICL Integrative Laboratory Services. (courier bag provided).  
NOTE: Purolator will not pick up from your home late on a Friday or on weekends.

## Test preparation

The following 24- hr preparation is required **BEFORE** beginning your collection

The first 12 hours is a bland diet restricted to any of the following:

- Baked or boiled chicken, fish, seafood or turkey (salt and pepper only)
- Plain steamed **WHITE** rice
- Eggs
- Clear chicken or beef broth
- **WHITE** bread (only white)
- Plain water, coffee or tea (no sugar/artificial sweeteners or milk or cream)

The second 12 hours is a strict fast; **DO NOT** eat or drink anything **EXCEPT** plain water.

## Kit Contents

Lay out your kit contents to ensure you have all of the following:



EasySampler with tube holder; 10 vacuum tubes for breath samples; 10 labels for tubes



2 bubble bags for breath samples



Substrate packet



Shipping label

# COLLECT YOUR BREATH SAMPLES

## IMPORTANT NOTES PRIOR TO BEGINNING:

1. There is a small hole in the EasySampler bag that is intentional. This will prevent the bag from bursting.
2. **Do not loosen or remove** the tops of the vacuum-sealed breath collection tubes. It will destroy the vacuum and you cannot proceed with collection.
3. If one test kit has been ordered proceed with collection as outlined. If multiple kits have been ordered (ie. lactulose and glucose), resume the prep diet after completing the first test and use the second kit the morning after. **Perform lactulose first, for example:**
  - a. Monday start your 24-hr prep (restricted diet 12-hrs followed by 12-hr fast)
  - b. Tuesday morning complete the 3-hr lactulose test kit and then resume the 24-hr prep.
  - c. Wednesday morning complete the 3-hr glucose (or fructose) test kit and then resume your normal diet. IF all three SIBO test kits are ordered, resume your prep diet until the next day when you collect your last kit and then resume your normal diet.
4. We encourage you to watch an instructional video on youtube prior to collection. There are a variety of videos available including this one:<https://youtu.be/3kjMj8Zh5vg>
5. **You must complete the chart(s)** on the back of your requisition in order for your samples to get tested. Incomplete documentation will cause your samples to be rejected.

## YOUR BREATH SAMPLE COLLECTION STEPS

### Prepare the substrate drink:

Mix the entire contents of the substrate with 1 cup of water. If you weigh less than 50 pounds (22 kg), please consult with your practitioner for proper dosage.

Set the mixture to the side so it is ready after collecting your baseline sample.

### Collect your baseline sample(tube 1):

- a. Hold the EasySampler device in one hand and a collection tube in the other.(do not insert the tube yet)
- b. Take a normal breath in, not a deep breath. Close your mouth around the EasySampler mouth piece and **exhale ONCE into the EasySampler device inflating the bag**. While exhaling, insert the collection tube into the EasySampler so that the needle will puncture the tubes stopper in the lid.
- c. Remove the tube after 1-2 seconds and DO NOT STOP exhaling until the tube is out.
- d. Fill out a patient tube label (Quintron label) with all requested information including a checkmark beside which substrate was used. Place the label directly on the tube prior to the next step. It is extremely important the labels are complete with sample number, name, time and substrate. Incomplete labels will cause your samples to be rejected.
- e. Document the collection time on the back of your requisition along with any notes required.

### Collect the rest of the samples (total will be NINE; tubes 2-10)

- a. Drink the entire substrate solution. Wait 20 minutes and collect your next breath sample using **steps a-e** outlined above(for baseline tube)
- b. Repeat **steps a-e**, outlined above, every 20 minutes until all samples are collected.

## SHIPPING SAMPLES

- Place all labelled tubes into the bubble bags. Place the tubes, requisition with completed chart(s) and the EasySampler back into the original box. Ensure all labels and the collection chart(s) on the requisition are completed.
- Place the box in the pre-labeled, prepaid Purolator bag and call Purolator at 1-888-744-7123. Press 1 for delivery within Canada, press 2 to speak to a customer service representative (CSR)
- Tell the CSR you have a package for pickup with a pre-printed return label.

**Contact ICL Client Care if you require additional shipping materials or information:**  
**Hours and Contact Information**  
**Monday - Friday 8:30 am - 5:00 pm EST**  
**Phone: (416) 422-3000 ext 300**  
**Fax: (416) 385-1957**  
**Email: [info@ICLabs.ca](mailto:info@ICLabs.ca)**  
Please note: reports are sent directly to your practitioner.