

# Small Intestinal Bacterial Overgrowth (SIBO) Test Prep

## Important Prep Before Patient Takes Test

### 2-4 weeks before the test:

- Wait 4 weeks from your last dose of antibiotics, colonoscopy, or barium enema before beginning the test.
- If you are using antifungals, Pepto-Bismol, or herbal/natural antimicrobial products, wait at least 2-4 weeks from your last dose before beginning the test.

### 7 days before the test:

Avoid the use of laxatives, stool softeners and/or stool bulking agents (For collections based in the United States, examples include Ex-Lax, Colace, Metamucil<sup>®</sup>, Fibercon<sup>®</sup>), as well as the use of antacids containing aluminum or magnesium hydroxide (For collections

based in the United States, examples include Maalox liquid, Equate, Milk of Magnesia, Roloids, Mylanta).

## 24 hours before the test:

- You must limit your diet. Here are foods that you CAN eat before you start your 12 hour fast: Baked or broiled chicken, fish or turkey (salt and pepper only), white bread (only), plain steamed white rice, eggs, clear chicken or beef broth (no vegetable pieces).
- Vegetarians may have tofu with salt and pepper.
- Allowed beverages include water, plain coffee, and tea (no sugar/artificial sweeteners or cream).
- Do not take probiotics.

## 12 hours before:

- You should fast for 12 hours prior to the first breath collection. This means do not eat or drink anything other than water during the specified time frame.
- Do not take non-essential medications or supplements until the test is completed, unless your physician has advised you otherwise.
- Do not chew gum, eat candy, or use mouthwash until the test is completed.

## 1 hour before:

- No smoking, including second-hand smoke, for at least **1 hour before** or at any time during the breath test.
- No sleeping or vigorous exercise for at least **1 hour before** or at any time during the breath test (this includes waiting at least 1 hour after waking for the day).
- Do not use toothpaste.