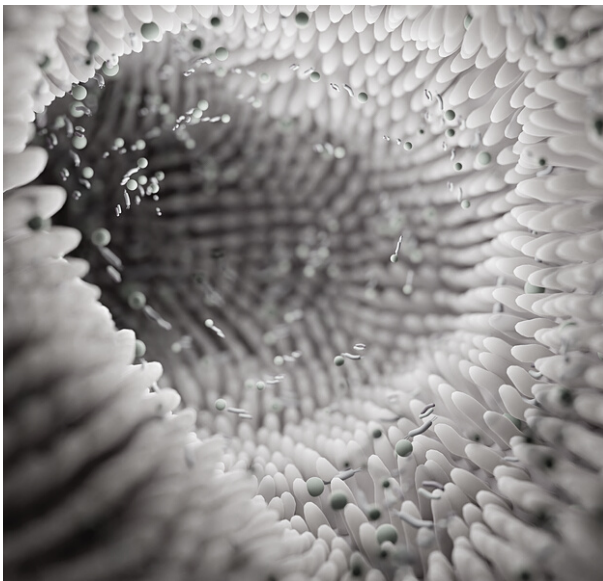


# Test kit: SIBO

ORY ANALYSIS – RESPIRATORY TEST

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## A phenomenon on the rise

In SIBO, bacteria are present in the small intestine that are absent or barely present in healthy people. The diagnosis means that the number of bacteria present in the small intestine is increased many times over - this happens, among other things, when the bacteria from the large intestine succeed in penetrating into the small intestine due to certain causes.

In almost all cases, a so-called breath gas test is well suited for this, since certain gases in the breath can indicate SIBO and can be measured. Symptoms such as headaches and abdominal pain, flatulence, diarrhea, but also constipation, depression, brainfog/drowsiness, exhaustion, sleep disturbances and a poor complexion are indications of SIBO bacteria in the small intestine.

### How then can SIBO occur?

Our small intestine, compared to the large intestine, is very poor in bacteria. A major cause of SIBO is impaired intestinal motility. The small and large intestines are naturally separated by a valve. When there is increased gas formation in the large intestine, the high pressure can open it and bacteria can move from the large intestine into the small intestine. Even if the so-called cleansing waves, which move the digestive pulp on and clean the intestinal wall, are disturbed in their function, the ascending bacteria can succeed in colonizing the small intestine.

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## TEST INSTRUCTIONS:



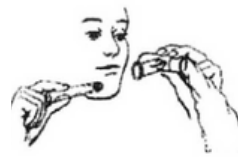
### CHECK

- Requirement sheet + instructions for performance
- Mouthpiece incl. disposable bag as well as sampling device with needle (**Attention! Do not reach into the interior of the sampling device with your finger, as there is a sharp needle there**).
- Glass tube + bag with test substance + transparent plastic bag with quick-release fastener + blister foil
- mailing box + adhesive tape for secure sealing



### REQUIREMENTS

- **4 weeks before:** no antibiotics
- **7 days before:** no laxatives and antacids (such as aluminum or magnesium hydroxides)
- **48 hours before:** no fiber, only easily digestible foods (e.g. rice, chicken breast) and no sugar, sweets, pro-/prebiotics, alcohol
- **12 hours before:** no drinking & eating, no chewing gum, toothpaste, mouthwash, taking only essential medications (consult with your doctor!)
- **1 hour before:** do not smoke, do not exercise, do not sleep
- **During the test:** please do not drink water after taking the test solution!



### TEST INSTRUCTION

- Remove the sequentially numbered sample tubes from the shipping tubes the shipping carton. You no longer have to label the tubes because they are barcoded. Place the tubes ready in order (No. 1 - 7).
- Hold the mouthpiece with the breathing bag in one hand while holding the #1 labeled sample tube in the other hand.
- Inhale and hold your breath for 5 seconds. Then exhale the breathing air through the mouthpiece into the bag so that it slowly fills and flows out through the hole at the end of the bag.
- While you are still exhaling, i.e. the bag is still filled with your exhaled air, put the rubber stopper side of the sample tube no. 1 onto the sampling device, applying slight pressure. A needle penetrates the rubber stopper of the sample tube. The air you breathe now flows into the tube. Pull the sample tube out of the collection device and have it ready for shipment. Don't worry: the breathing air in the tube cannot escape.
- After taking the reference sample (sample tube #1), drink the test solution. Note the time on the test log. From now on, please don't drink any more water! In 1 hour drinking still water would be allowed again.
- Now take the other six breath samples one after the other after 30, 50, 70, 90, 120 and 150 minutes. Proceed in the same way as with the first rehearsal. Please note the respective times of the breath gas samples (No. 2 - 7) on the test protocol.



### PACKING AND SHIPPING

Please place the sample tubes in the blister foil and together with the completed request form in the shipping envelope and take it to the mailbox or post office. Shipping envelope does not need to be stamped.



*Done! You will receive an e-mail when your results are available.*