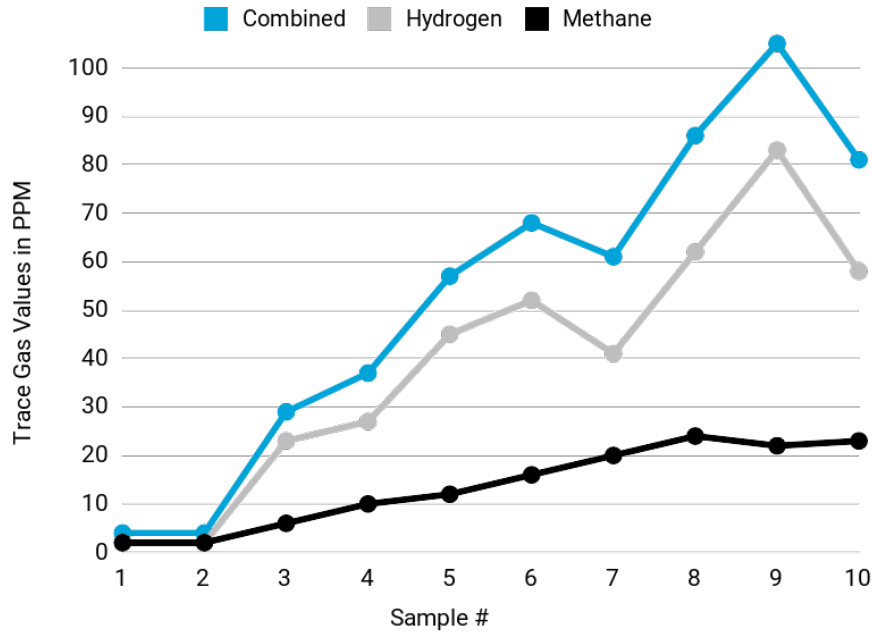


<b>Patient First Name:</b>	Test	<b>Patient Last Name</b>	Patient
<b>Patient DOB:</b>	18-Jan-1980	<b>Patient Gender</b>	Male
<b>Practitioner Name:</b>	Test User	<b>Type of Test Performed:</b>	Lactulose
<b>Date Samples Collected:</b>	5-Feb-17	<b>Date of Analysis:</b>	8-Feb-17

### Data



#	Sample	ppm H <sub>2</sub> (Hydrogen)	ppm CH <sub>4</sub> (Methane)	Combined	CO <sub>2</sub> %
1	Baseline	2	2	4	4.6
2	20 min	2	2	4	4.8
3	40 min	23	6	29	4.0
4	60 min	27	10	37	4.5
5	80 min	45	12	57	4.6
6	100 min	52	16	68	4.3
7	120 min	41	20	61	4.7
8	140 min	62	24	86	4.9
9	160 min	83	22	105	4.6
10	180 min	58	23	81	4.3

Interpretation	Reference Ranges	Your Test Results
<b>SIBO Suspected - Elevated Hydrogen</b>	Increases of hydrogen greater than 20ppm over the lowest preceding value within the first 100 minutes are indicative of bacterial overgrowth. Levels between 100-120 minutes are considered borderline. <b>See additional interpretation</b>	<b>POSITIVE</b>
<b>SIBO Suspected - Elevated Methane</b>	Increases of methane greater than 12ppm over the lowest preceding value within the first 100 minutes are indicative of bacterial overgrowth. Levels between 100-120 minutes are considered borderline. <b>See additional interpretation</b>	<b>POSITIVE</b>
<b>SIBO Suspected - Elevated Combined Hydrogen &amp; Methane Gasses</b>	Increases of combined hydrogen and methane gas values greater than 15ppm over the lowest preceding value within the first 100 minutes are indicative of bacterial overgrowth. Levels between 100-120 minutes are considered borderline. <b>See additional interpretation</b>	<b>POSITIVE</b>

Hydrogen (H<sub>2</sub>) and Methane (CH<sub>4</sub>) values corrections are based on CO<sub>2</sub> content in the samples. CO<sub>2</sub> is not used for diagnosis, only for quality assurance of samples. \*Correction is based on contamination with room air or bronchial deadspace air, typically good samples are around 5.5% CO<sub>2</sub>. Poor samples are typically below 1.5%. If a sample is considered "poor" the charted result cannot be determined accurately due to contamination of the sample. This does not mean the test is inconclusive in all cases.

## Notes

No notes provided.

## Additional Information and Interpretation

**High Baseline:** Some doctors interpret a baseline gas above normal as positive. This is particularly true for methane since a high baseline and an early rise is a standard methane pattern. Gas levels that fall after an elevated baseline and continue to reduce or remain low during the first two hours, may indicate an improper preparation diet.

**Methane > 3ppm:** Some doctors interpret methane  $\geq$  3ppm at any point in the test as positive and may be suggestive of small intestinal bacterial overgrowth with the presence of constipation. Levels of methane that are greater than or equal to 3ppm at any time during the test are indicative of methanogen presence which has been correlated in studies to IBS constipation type and chronic constipation. The Quintron Breathtracker is positive +/- methane 3ppm therefore SIBOtest recommends considering a positive methane reading as  $>$  or equal to 6ppm.

**Level vs. Increase:** The standard interpretation of results for SIBO uses the difference between the peak level compared to the lowest previous level in the first 100 minutes (some doctors extend this interpretation time to 120 minutes). If this increase is equal or greater than 20ppm for H<sub>2</sub> or equal or greater than 12ppm for CH<sub>4</sub> – SIBO is diagnosed. Some doctors use an absolute value (rather than an increase) of 20ppm (H<sub>2</sub>) or 12ppm (CH<sub>4</sub>) to indicate SIBO.

**References:** References available upon request