Fructose Malabsorption Test

for Test Patient

BioHealth Laboratory
23900 Hawthrone Blvd
Suite #150
Torrance, CA 90505

Gender: Male
DOB: 01/01/2002

Collection
Received
Reported
07/29/2018
07/31/2018
07/31/2018

Fructose Malabsorption Test (#920)

Collection Time | ppm H2 | ppm CH4 | Sum H2 and CH4 | CO2*
--- | --- | --- | --- | ---
1. Baseline | 1 | 0 | 1 | OK
2. 20 min | 2 | 0 | 2 | OK
3. 40 min | 5 | 0 | 5 | OK
4. 60 min | 12 | 0 | 12 | OK
5. 80 min | 13 | 0 | 13 | OK
6. 100 min | 34 | 0 | 34 | OK
7. 120 min | 35 | 0 | 35 | OK
8. 140 min | 15 | 5 | 20 | OK
9. 160 min | 15 | 10 | 25 | OK
10. 180 min | 26 | 11 | 37 | OK

* Samples are corrected for Carbon Dioxide (CO2) concentration to account for variations in collection. Invalid samples are categorized as Quantity Not Sufficient (QNS).

Summary of Results

<table>
<thead>
<tr>
<th>Trace Gas Markers</th>
<th>Result (ppm)</th>
<th>Guideline</th>
<th>Interpretation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Greatest Hydrogen (H2) rise over lowest previous value from baseline</td>
<td>34</td>
<td>Normal: &lt; 20 ppm</td>
<td>Elevated</td>
</tr>
<tr>
<td>Peak Methane (CH4) at any point in the test</td>
<td>11</td>
<td>Normal: &lt; 10 ppm</td>
<td>Elevated</td>
</tr>
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It is recommended that patients complete a SIBO test before or in parallel with the fructose malabsorption test. SIBO positive patients may produce false positives with the fructose test. The #920 examines carbohydrate maldigestion which looks for the late peak, colonic fermentation. Bacterial fermentation too early from small intestinal bacteria present in SIBO may affect results.

The North American consensus recommends a 180 minute test duration for the fructose malabsorption breath test. The final reading at 180 minutes is provided to capture delayed reactions in patients with constipation or prolonged orocecal transit time due to factors such as medications or disease. Health providers have the ultimate authority as to how they interpret their patient’s results.

Lab Director: Manuel Baculi, MD | CLIA ID: 05D0982456
Incorrect sample handling may affect results. Results are not intended to diagnose, treat, cure, or prevent any disease or replace medical advice from a qualified health care provider.
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Accession #T112502

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Interpretive Guidance

Fructose malabsorption is suspected if one or more of the following criteria are met. These guidelines are for research purposes only. The results should be interpreted by the clinician in the context of the patient’s symptoms and other external diagnostic data.

Elevated Hydrogen: After ingesting the solution, an increase in hydrogen gas of greater than or equal to 20 ppm from the lowest previous result may be an indication of fructose malabsorption.

Peak Methane: In any of the collections, a methane gas result of greater than or equal to 10 ppm is considered methane-positive and may suggest fructose malabsorption. Studies have shown a relationship between methane production and constipation-predominant IBS. Methane results may not increase and instead stay elevated throughout all collections.

Elevated Baseline: Some literature suggests a baseline hydrogen gas result of greater than 20 ppm may be an indication of SIBO; however clinical significance is unclear. An elevated baseline may also be an indication of a lack of adherence to the test's diet and fasting instructions.

References: