Announcing SIBO Testing Updates for February 2018

Dear Valued Client,

In the spirit of continuous improvement and updating our testing services with the most current science and research, BioHealth is adding variations on the SIBO breath testing to align our methods with the recently published consensus on hydrogen and methane-based breath testing.

As documented in the North American Journal of Gastroenterology publication: *Hydrogen and Methane-Based Breath Testing in Gastrointestinal Disorders: The North American Consensus*, we are changing patient instructions and result interpretation to emulate the latest in standardized guidelines for clinical practice and research. Below is a FAQ that addresses these changes.

We will continue to make the 3-hour/traditional-interpretation versions of the tests available to clinicians who prefer this over the new changes guided by the consensus data.

Please refer to the sample reports at [www.biohealthlab.com](http://www.biohealthlab.com) for the differences between the old and new SIBO reports.

**SIBO Test Update FAQ**

**The collection process used to take 3 hours. Why did that change?**

It was determined through peer reviewed literature consensus that the most relevant testing time period for capturing the intestinal transit of the substrate is likely to be 2 hours (120 minutes). The updated BioHealth SIBO test provides one extra collection at 135 minutes to accommodate patients with slow intestinal transit times (this is based on our lab’s data on over 600 SIBO+ patients. Clinicians may elect to use the 3-hour methods when concerned about extra slow transit times and comfort with the traditional method.

**Did the kit itself change?**

The patient test instructions have changed and the glucose dosing instructions have been updated and simplified. There are still 10 vials collected.

**How do I order the new SIBO test?**

The 3-hour format (represented by #900, #901, and #910) will continue to be available. The new tests will be represented by #900-C, #901-C, and #910-C. The “C” stands for Consensus.

At biohealthlab.com, the special ordering page for SIBO kits will separate the old and new kits for convenient ordering. You are also welcome to call us at the numbers below for personalized assistance.

**What changed in the patient test instructions?**

- Laxatives are to be avoided 7 days prior to the test (instead of 4 days).
- Antibiotics should be avoided for 4 weeks prior to the breath test (instead of 2 weeks).
- Breath collection intervals are now every 15 minutes (instead of every 20 minutes).
For the lactulose SIBO test in patients who do not have delayed intestinal transit time or constipation, the late hydrogen peaks that occur after 120 minutes are usually the result of normal bacterial fermentation in the colon. Our patient data show that the late hydrogen peaks typically occur around 120 to 160 minutes. If patients are methane producers, values often remain elevated throughout all vials. Glucose SIBO testing does not need to extend to 3 hours as this sugar is rapidly absorbed and the 135 minute collections is specific for capturing proximal small intestine overgrowth.

**What do the test results look like? Are they different than before?**

We have made improvements to the interpretation of our test reports, while keeping them simple and easy to use.

**What changed for interpretation of the lactulose test on the #900-C?**

The greatest hydrogen rise will be analyzed from the first 90 minutes of collections instead of the first 120 minutes. Also, the peak methane guideline is now Normal: <10 ppm instead of Normal: <= 3ppm. Providers may wish to investigate patients with methane values between 3-9 ppm, however patients who are methane dominant producers often have elevated values well above 10 ppm cutoff.

**What changed for interpretation of the glucose test on the #901-C?**

The greatest hydrogen rise will be analyzed from the first 90 minutes of collections instead of 180 minutes. The hydrogen rise guideline is now Normal: < 20 ppm instead of Normal: <= 12 ppm. Also, the peak methane guideline is now Normal: <10 ppm instead of Normal: <= 3ppm.

**Are these new versions of the SIBO breath tests more accurate than past tests?**

Our laboratory is continually researching improvements and developments in the clinical and scientific research communities and these guidelines represent the current consensus on interpretation guidelines. The new versions of the SIBO breath tests will help to refine diagnostic accuracy by narrowing the interpretation timeframe and SIBO positive cutoffs. However, we understand that many health professionals – as well as SIBO laboratories – continue to prefer the traditional methods of collection and interpretation.

We look forward to serving you with the industry’s leading SIBO assessments. Contact us at the numbers below, or through our website, to obtain assistance.