

SIBO or small intestinal bacterial overgrowth syndrome breath test

(SIBO) - when bacteria from the large intestine, which is their natural habitat, begin to move and function in the small intestine due to intestinal motility disorders or the effects of medication.

The day before the breath test, the patient:

- must not eat complex carbohydrates (whole grain products, large amounts of fruit and vegetables, various porridges), consume alcohol,
- must not engage in high-intensity physical activity.

On the day of the breath test:

- the patient must brush the teeth and rinse the mouth with a designated disinfectant.
- the patient must not eat, smoke, chew gum, or use other products containing menthol.
- the test can be performed 2 hours after brushing the teeth.
- during the test, the patient must not lie down or engage in physical activity.

The breath test to determine the function of the intestinal microbiota takes 2.5-3 hours. At the beginning of the test, the patient drinks a specially prepared sugar solution. After 15 minutes, the first measurements of methane and hydrogen levels in the exhaled air are taken. Repeated measurements are taken every 15 to 30 minutes. During the test, the patient is asked to pay special attention to their well-being, symptoms and bodily reactions. If necessary, the patient can use the time efficiently during the test and consult with other doctors and specialists.