

CHECKLIST (PRIOR TO SHIPPING)

1. All Tubes

- Labeled with patient's first and last name, clinician's name, date of collection, and the tube number
- All tubes placed in Bubblewrap Bag

2. Test Requisition Form with Payment

- Test Requisition Form is complete - Test is marked, Patient's first and last name, date of birth, gender, and date of collection are recorded
- Payment is included

SHIP THE SPECIMEN(S) TO THE LAB

Specimen(s) must be returned in the Genova Diagnostics kit box.

Please refer to the shipping instruction insert found in your kit box.



Call 800.522.4762 or visit our website at www.gdx.net

©2016 Genova Diagnostics
IS-1051,g,pi,b-128-b,0916-BOS1

BACTERIAL OVERGROWTH OF THE SMALL INTESTINE PATIENT BREATH COLLECTION INSTRUCTIONS

Bacterial Overgrowth GASTROINTESTINAL

The following test(s) can be collected using these instructions:

Bacterial Overgrowth of the Small Intestine



Test may not be processed without this information.

Test Requisition Form



Please Label:

- Patient's first/last name
- Date of Birth
- Gender
- Date of Collection

All Tubes



Please Label:

- Patient's first/last name
- Date of Collection

Specimen

- Breath

Additional Materials

- Labels
- Bubblewrap Bag
- Test Requisition Form
- Mailing Envelope

Collection Materials



Vacuumsealed
Tubes (6)*

Mouthpiece/
Plastic Bag**

Lactulose
Solution
(10gm)

* The white rubber seal will often be either convex or concave. Either is okay.
** There is an intentional small hole in the plastic bag to keep from overinflating.

This test is not appropriate for children under 25 pounds.

IMPORTANT PREP BEFORE PATIENT TAKES TEST

2 - 4 WEEKS BEFORE THE TEST:



- ❑ **Wait** at least 4 weeks from colonoscopy or barium enema.
- ❑ **Wait** at least 2-4 weeks from your last dose of antibiotics, antifungals or Pepto-Bismol.

7 DAYS BEFORE THE TEST:



- ❑ **Avoid the use of laxatives**, stool softeners and/or stool bulking agents as well as antacids containing aluminum or magnesium hydroxide.

24 HOURS BEFORE THE TEST:



- ❑ **Foods you CAN eat before you start your 12 hour fast:** Baked or broiled chicken, fish or turkey (salt and pepper only), white bread (only), plain steamed white rice, eggs, clear chicken or beef broth with no vegetables pieces, water, plain coffee or tea (no sugar/artificial sweeteners or cream).
- ❑ **Vegetarians** may have tofu with salt and pepper.
- ❑ **Do not take probiotics.**

12 HOURS BEFORE THE TEST:



- ❑ **Fast for 12 hours prior to the test.**
Do not eat or drink anything other than water during the specified time frame.
- ❑ **Do not take non-essential medications or supplements** until the test is completed, unless your physician has advised you otherwise. Do not chew gum, eat candy, or use mouthwash until the test is completed.

1 HOUR BEFORE THE TEST:



- ❑ **No smoking**, including second-hand smoke, for at least 1 hour before or at any time during the breath test.
- ❑ **No sleeping** or vigorous exercise for at least 1 hour before or at any time during the breath test.

For full details refer to: www.gdx.net/tests/prep

Important things to know and consider:

Caution: This test uses lactulose, and is not recommend for individuals who have had allergic reactions to lactulose, or diabetics with a fasting urine glucose concentration >105mg/dl, or are on a galactose/lactose-restricted diet.

Caution: Do not open, remove, or loosen tops of collection tubes—this will break the vacuum and make it impossible to perform your test. Do not stick your finger into the mouthpiece/plastic bag—there is a sharp needle inside.

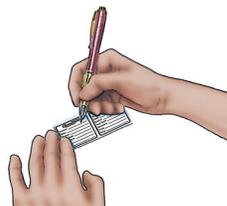
We do not suggest collecting during an acute infectious illness.

Special Instructions for patients weighing 100 pounds or less: Follow the instructions on the blue bag for rolling and stapling the bag in accordance with weight. (Note: stapling will not damage the bag or affect the results).

BREATH COLLECTION

- 1 IMPORTANT: To ensure accurate test results you MUST provide the requested information.**

For each collection, write patient's first and last name, date of collection, and the tube number (refer to the Breath Collection Schedule table for the number) on the labels provided. Be sure to follow the "1 HOUR BEFORE THE TEST" information.



- 2 Stir** the Lactulose solution into 8 ounces of water. **Dissolve** completely. Set aside until after you have completed your first breath collection. **Brush your teeth and tongue** (including the back of your tongue) without using tooth paste or mouth wash. Rinse your mouth with water.



- 3 Pick up** the mouthpiece/plastic bag in one hand and Tube 1 in your other hand.

- 4 Breathing normally, inhale and hold for 5 seconds.** Then close your mouth tightly around the mouthpiece and exhale normally into the plastic bag until it fills completely. **Do not blow hard.**



- 5 Continue to exhale normally**, with the bag expanded, and press the specimen tube into the side part of the mouthpiece. The needle will puncture the tube's self-sealing membrane, allowing air to fill the tube. **Do not inhale at any point.**

- 6 Remove the tube** within 2 seconds of puncturing. You may stop exhaling into the mouthpiece. **Do not unscrew** the cap on the collection tube. **Record the time of collection and the sample # on the vial label.** Place the tube in the bubblewrap bag.



- 7 Immediately drink** the Lactulose solution before continuing with the rest of the breath test. **Drink** the entire amount within 5 minutes. **Do not drink water** for 1 hour after you drink the solution. **Record** the time you drink the Lactulose solution here: _____



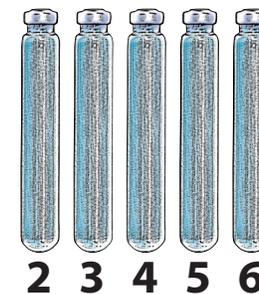
- 8 Repeat** steps 3-6 for each breath collection, using the remaining tubes and labels 2-6, in order and according to the collection schedule.

Breath Collection Schedule:

START COLLECTION ONE HOUR AFTER YOU WAKE

Tube #	Time of collection
1	before drink
	<i>Immediately drink Lactulose solution</i>
2	20 minutes after drink
3	20 minutes after tube 2
4	20 minutes after tube 3
5	30 minutes after tube 4
6	30 minutes after tube 5

Use appropriate labels for each tube



Keep collected specimens at room temperature