



BREATHE E-Z SYSTEMS, INC.

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Short Protocol for Bacterial Overgrowth Test

Patient Instructions and Pre-Conditions

1. The patient should not have eaten slowly digesting foods like beans, bran or other high fiber cereals the day before testing.
2. The patient should fast after midnight, with no food and only water to drink before testing. The patient may brush their teeth the day of the test.
3. The patient should not smoke, sleep, or exercise vigorously for at least ½ hour before, or at any time during testing.
4. Ask the patient about any recent antibiotic therapy and/or recent or current diarrhea. Make the physician aware of such conditions if they have occurred, since they can affect the test.

Patient Test Protocol

If the patient meets the pre-conditions for testing as outlined above and have an initial office visit of 5 ppm or greater, proceed with the following protocol:

Have the patient fast after midnight, and take 1g/kg of body weight up to 25g of lactulose dissolved in 8 oz of water or use a product like (Enulose Syrup 10g/15ml) one hour before the office visit. An alveolar sample is collected and analyzed every 15 minutes until you see the start of the second peak. If you do not see a second peak after 180 minutes or 12 alveolar samples are collected, the test is complete and negative for bacterial overgrowth.

