

## \*EasySampler™ Bacterial Overgrowth Test



Your doctor has asked you to perform the Bacterial Overgrowth Breath Test. The test is used to help determine if bacteria have invaded the small intestine.

### BEFORE YOU START THE TEST

Please read all directions and familiarize yourself with the test procedures. The test results will be useful only if the samples are properly collected. If you have any questions during the test collection, call your doctor.

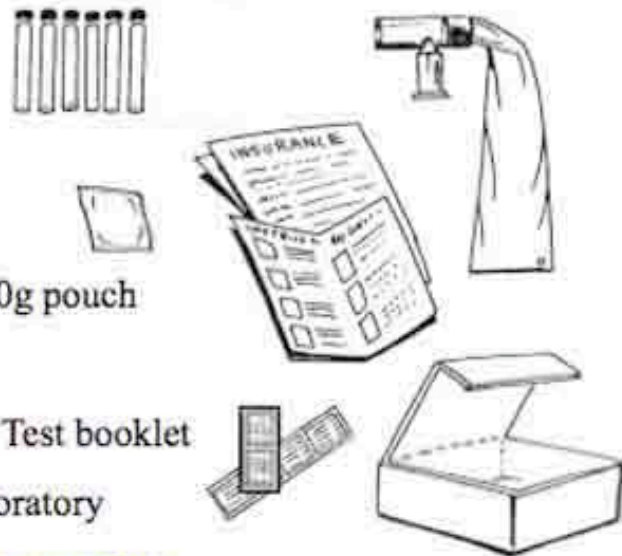
Prepare for the test as outlined below.

Do not loosen or remove the tops of the vacuum-sealed collection tubes; this will destroy the vacuum and make the tubes useless for this test.

 **Do not insert your finger into the tube holder of the EasySampler™ at any time; it contains a sharp needle.** 

### KIT CONTENTS

- EasySampler™ with tube holder
- Vacuum-sealed collection tubes
- Labels for the collection tubes
- Kristalose™ (lactulose powder), 10g pouch
- Insurance Authorization Form
- This Bacterial Overgrowth Breath Test booklet
- Box for return shipment to the laboratory



### PREPARATION FOR THE TEST



On the day before the test, do not eat high fiber or slowly-digesting foods. Foods to avoid include: bran, coarse breads, nuts, beans and similar vegetables, and starches except for rice.



You must not eat for at least 12 hours before beginning the test. What you eat may interfere with the test, so it is important that for at least 12 hours before the test you eat no food and have only water to drink.



Do not sleep or exercise vigorously for at least 1/2-hour before, or at any time during, the test. Do not smoke for at least 3/4-hour prior to or during the test. Notify your doctor or nurse if you have had any recent antibiotic treatment or runny diarrhea, since these conditions can also affect the test.

## INSTRUCTIONS FOR DOING THE TEST

### Getting Ready



Mix the lactulose powder with 8 ounces (250 mL) water. **Stir vigorously and swirl the mixture to keep dissolved.**



Number the test tube labels 1-10.

Write your name, your doctor's name and the date on each of the TEN labels.

**1** On label #1, write the time you are starting the test and place the label on one of the test tubes.

### Doing the Test

The EasySampler™ device is pre-assembled and protected in a sealed plastic bag. Carefully remove the collection device from the bag.

**Do not stick your finger in the tube holder because it contains a sharp needle!**

- 1.** Hold the EasySampler™ in one hand and the test tube #1 in the other hand.





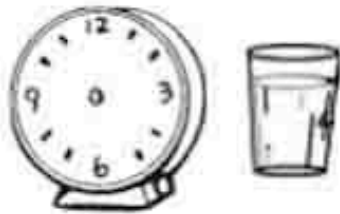
- 2.** Place test tube #1 halfway into the needle holder. **DO NOT PUSH THE TEST TUBE ONTO THE NEEDLE IN THE HOLDER YET!** Take a normal breath, close your mouth around the blue mouthpiece and exhale normally.



- 3.** As you exhale, the blue bag will be filled with air which will vent through the small opening at the end of the bag. Continue to exhale into the mouthpiece to keep the bag inflated and press the test tube to the end of the tube holder so that the stopper is punctured by the needle in the needle holder.



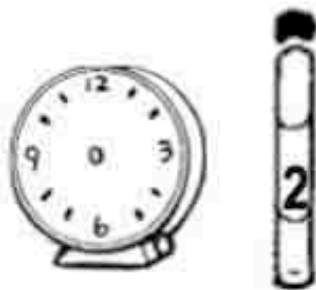
- 4.** After 1-2 seconds, pull the test tube out of the tube holder and set it aside. **Keep the bag inflated until after the test tube is removed from the test tube holder.**



Time: \_\_\_\_\_

- 5.** Drink the lactulose solution, finishing the contents within 3 minutes. If there is any sugar remaining in the glass, add a small amount of water and drink. Record the time at which the solution was drunk on this sheet and schedule the next nine breath collections. **Swirl the contents in the glass to keep it dissolved.**

**You may resume quiet activity, but do not eat, smoke, sleep or exercise vigorously for the next two hours.**



Time: \_\_\_\_\_

- 6.** Wait **15** minutes before collecting the next breath sample. On label # 2, write the time of the second collection and place the label on one of the nine remaining test tubes. Repeat steps 1-4 using test tube # 2.



Time: \_\_\_\_\_



- 7.** Wait another **15** minutes (**30** minutes after drinking the solution) before collecting the next breath sample. On label # 3, write the time of the third collection and place the label on one of the remaining test tubes. Repeat steps 1-4 using test tube # 3.



Time: \_\_\_\_\_



- 8.** Wait another **15** minutes (**45** minutes after drinking the solution) before collecting the next breath sample. On label # 4, write the time of the fourth collection and place the label on one of the remaining test tubes. Repeat steps 1-4 using test tube # 4.



Time: \_\_\_\_\_



- 9.** Wait another **15** minutes ( **1** hour after drinking the solution) before collecting the next breath sample. On label #5, write the time of the fifth collection and place the label on one of the remaining test tubes. Repeat steps 1-4 using test tube # 5.



Time: \_\_\_\_\_



- 10.** Wait another **30** minutes ( **90** minutes after drinking the solution) before collecting the next breath sample. On label # 6, write the time of the sixth collection and place the label on one of the remaining test tubes.

*Repeat steps 1-4 for test tubes # 6*



**Put the six test tubes in the bubble bag. Place the bubble bag along with the Insurance Authorization Form and the EasySampler in the cardboard container. Return the box and contents to Gastroenterologists, P.C. for analysis.**

