

01

Order the test kit

- Choose the appropriate challenge to test for SIBO (lactulose and/or glucose) or choose a special substrate to test for a specific overgrowth/intolerance. See details on the “order test” page.

02

Preparare for the test

- 3 weeks before: No colonoscopies, enemas, no antibiotics (natural and prescription).
- 1 week before: No probiotic supplement and probiotic foods.
- 1 day before: Follow a very low fiber residue diet, avoid laxative and supplements.
- 14h before: No eating, exercising , smoking, brushing teeth.

03

Take the test

- Keep the password included in your test kit, you will need it later to download results.
- Follow the test instruction in the testkit or see the instructional video below.

04

Return test kit

- Add tubes in the bubble wrap and place in the original box.
- Ship the original box or put the original box inside an envelope or another packaging.
- Arrange shipping, declare as "breath test return" and value of 5 Eur. Make sure the shipment arrives within 7 days after taking the test.

05

Access results

- You get notified via email when results are ready, 4-5 days after we receive the tubes.