

# Small Intestinal Bacterial Overgrowth (Kit) Analytical Record

**Patient:** [REDACTED]  
**Patient ID:** [REDACTED]  
**DOB:** [REDACTED]  
**Weight (at collection):**  
**Substrate given:** Lactulose  
**Samples collected:** 16/11/2020  
**Samples analyzed:** 20/11/2020  
**Nurse/Technician:** Holly McHardie, House of Health  
**Referring physician:** Georgina Compton, Nourish to Flourish

**Notes:**

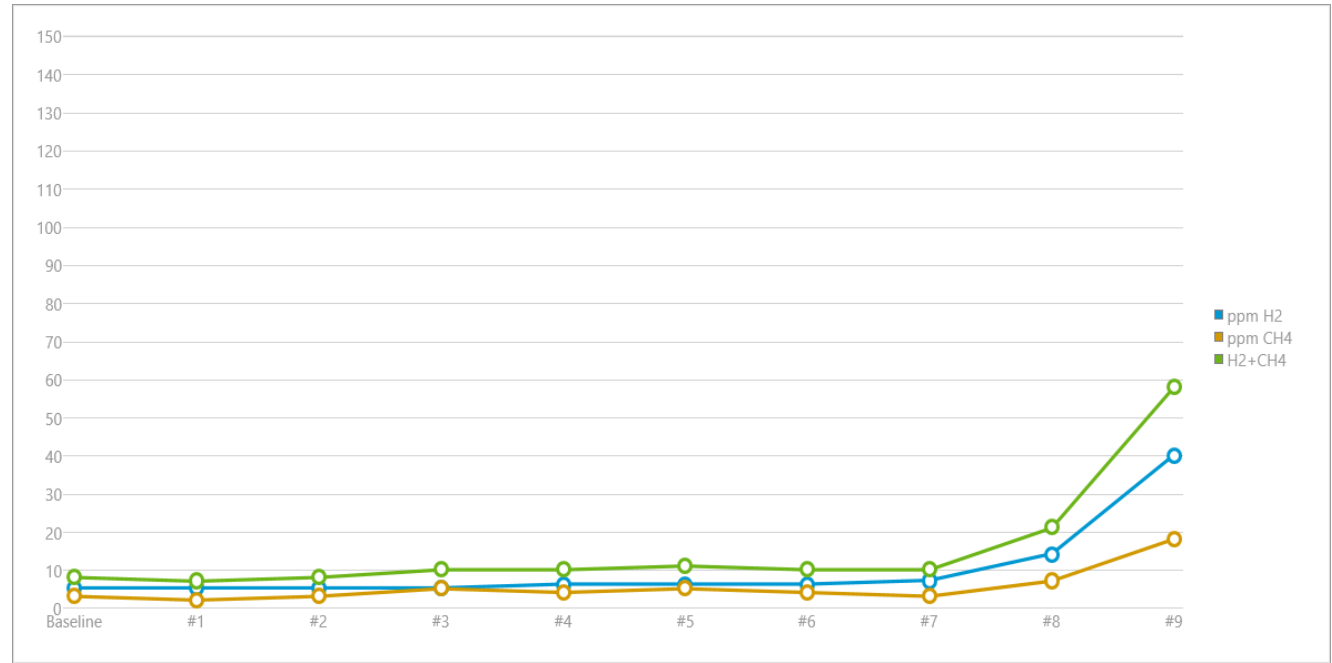
**Pre-test notes:**

**Pre-test symptoms:**

Bloating, Constipation, Other, Fatigue, irritability, abdo pain, backache, bad skin

**In-test notes:**

All samples are valid. Reasonable baseline gases, indicating fair prep. Lactulose 10g after baseline sample. No symptoms reported during testing.



**Diagnosis/Recommendation:**

No significant increase in gas production until 180mins. Results are not consistent with bacterial overgrowth in the small intestine. Methane levels >10ppm at 180mins indicates methanogenic bloom affecting the proximal colon. Increases typical of colonic fermentation are later than expected.

**Physician Signature:**

**Date:** 24 November 2020

Sample	Time	ppm H2	ppm CH4	ppm H2 + CH4	% CO2	Correction	Symptoms
#0 - 0	4:30 AM	5	3	8	3.7	1.64	
#1 - 20	5:00 AM	5	2	7	3.8	1.6	
#2 - 40	5:23 AM	5	3	8	4	1.52	
#3 - 60	5:47 AM	5	5	10	3.8	1.6	
#4 - 80	6:07 AM	6	4	10	3.3	1.84	
#5 - 100	6:28 AM	6	5	11	3.8	1.6	
#6 - 120	6:49 AM	6	4	10	3.2	1.9	
#7 - 140	7:08 AM	7	3	10	3.7	1.64	
#8 - 160	7:29 AM	14	7	21	3.5	1.74	
#9 - 180	7:51 AM	40	18	58	3.8	1.6	

**SIBO DIAGNOSTIC CRITERIA (LBT)**

an increase in hydrogen (H2) of +20ppm OR increase in methane (CH4) of +12ppm

OR combined increase of +15ppm

OR increase ≥ 10 ppm in H2 /CH4 concentration in two consecutive readings

≥ 10 ppm in methane indicates methanogenic "bloom".

(WJ Gastro. 2014 doi:10.3748/wjg.v20.i24.7587 & Am J Gastroenterol. 2017 doi: 10.1038/ajg.2017.46)