

SIBO Breath Test Prep Instructions

Following the SIBO Breath Test Diet Guideline is VERY important for accurate results. If you (the patient) are not able to comply with these guidelines for testing, then you may not be a candidate for a breath testing and your medical professional can assist you in determining if another test without these preparation limits is more suitable for you.

The SIBO breath test diet requires a period of food restriction for 24-48 hours. The diet preparation is the same for lactose intolerance and fructose malabsorption testing. If you have special dietary restrictions that prevent you from consuming foods from this list, please contact us.

SIBO Breath Test Diet Guidelines

- Wait at least FOUR WEEKS if you have had a colonoscopy, or colonoscopy prep, barium study or colonic therapy.
- Wait at least TWO WEEKS if you recently had antibiotic therapy, enema or runny diarrhoea,
- ONE WEEK before, STOP any probiotics or osmotic laxatives (ending in “-ol” or “-ose”)
- If you are prone to constipation, please follow the low-residue diet below for TWO days, rather than just one.
- If you are uncertain if something will affect the test, AVOID the product or consult your physician prior to starting the test.

Before you start the breath test, a 24-hour preparation is required consisting of a 12-hour restricted diet and a 12-hour fasting period.

The first 12 hours is the restricted diet. Limit your food to those listed below. Typically, people decide what time they wish to start conducting the SIBO breath test and work backwards. For example, if you plan to start collection at 8am, you will have nothing to eat after 8pm the night before. You need to get up at least one hour prior to starting the SIBO breath test, so this would be 7am for an 8am start. No food, exercise or smoking in this hour.

Food Restrictions for the SIBO Breath Test Diet

During the SIBO breath test diet preparation period you may consume ONLY:

- Chicken, turkey, fish, lean beef or lamb. Avoid fatty cuts and avoid pork. Baked or broiled or gently fried in a small amount of oil
- Salt and pepper - no other seasonings
- Plain steamed white rice (not Basmati. Jasmine is best). Please cook fresh for each meal – reheated rice becomes a resistant starch and can interfere with your test results.
- Eggs – cooked any way, without milk of any kind.
- White bread only (or white rice bread – no potato starch) – check that it’s dairy free. A quality sourdough is a fairly safe option.
- Small amounts of hard cheese such as parmesan or pecorino.

- Small amounts of butter, ghee or oil.
- Weak black tea or coffee, or water. No sugar (stevia is OK)

NO FRUITS, VEGETABLES, NUTS, SEEDS, etc

DO NOT eat any of the allowed foods if you react to them or exclude them for other reasons.

The second 12 hours DO NOT eat or drink anything, except water.

MEAL SUGGESTIONS FOR THE SIBO BREATH TEST DIET

Breakfast Options

1. Eggs
 - Boiled, scrambled (no milk – water is OK) or fried in butter or oil (salt and pepper okay)
 - Poached with Hollandaise sauce (homemade with egg yolk and butter only), served with salmon or other fish
 - Omelette made with water and with a little canned salmon (spring water – drained)
2. French toast – white bread or white rice bread (see below) soaked in beaten eggs (NO MILK) and fried in butter or oil.
3. Plain waffles or pancakes made with white flour, egg, water, baking powder & butter. (NO MILK or SUGAR)
4. Homemade all-meat patty made with mincemeat, egg and white-breadcrumbs, salt & pepper. Fried in butter or oil.

Coffee, weak, black. OR blended with 1 Tbsp butter, ghee or coconut oil in a high speed blender.

Lunch Ideas

1. Piece of chicken (breast, thigh, etc). Roasted, broiled or sautéed in oil with salt and pepper with steamed white rice.
2. Piece of white fish, dipped in white flour, a beaten egg and white breadcrumbs. Gently fried in a little butter or oil, served with plain white rice (if you are already eating grains) with butter, coconut oil or ghee.
3. Cup of meat broth (made with just meat and water – no bones or cartilage) eg: clear chicken or beef broth (made with meat and marrow bones– not cartilage)

Dinner Options

1. Meat broth (as above)
2. Hard-boiled egg topped with good quality olive oil and salt and pepper
3. Canned sardines or salmon or tuna (canned in springwater or olive oil, drained)
4. Plain white crackers – made without lactose or milk products, such as Arnotts or Graham's water crackers.
5. Slice of white bread or white rice bread with butter. (E.g. Dovedale Gluten-free buns)
NOTE – make sure the bread is dairy free. Soft-crusteds breads contain milk or milk powder. Please avoid these. French sticks or crusty loaves are more likely to be without milk.