



SIBO

Bacterial Overgrowth Test

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Why undergoing this examination?

Small Intestinal Bacterial Overgrowth (SIBO) is a gastrointestinal condition characterized by excessive bacterial growth in the proximal portion of the small intestine, leading to inadequate fermentation of unabsorbed carbohydrates. This results in the production of short-chain fatty acids and gases such as carbon dioxide (CO₂) and hydrogen (H₂). This condition can cause a range of uncomfortable symptoms, including abdominal bloating, excessive flatulence, abdominal pain, and poor nutrient absorption.

Understanding genetics and its influence on predisposition to SIBO and response to food plays a crucial role in this approach. As with other health conditions, genetics affects the body's ability to digest and absorb nutrients, and a poor interaction between these factors can trigger excessive bacterial growth in the small intestine.

What is this exam?

The **SIBO** test is a procedure that measures the concentration of hydrogen and methane in the expired air at 8 different times after the administration of lactulose. When lactulose is fermented by the small intestine, it produces gases that partially diffuse into the blood and are excreted through the breath. This not only allows for the evaluation of the body's ability to digest and absorb nutrients but also helps identify bacterial imbalances that may be implicated in the symptoms of the condition.

For whom is it indicated?

- Patients with chronic gastrointestinal symptoms such as abdominal bloating, excessive flatulence, recurrent abdominal pain, chronic diarrhea, or a feeling of fullness after meals.
- Individuals with suspected SIBO.
- Patients with underlying medical conditions such as celiac disease, lower esophageal sphincter dysfunction (LES), and those who have undergone previous abdominal surgeries.

Technology

Gas chromatography (Quintron Breathtracker SC, with carbon dioxide dilution correction factor)

Advantages

SYNLAB GROUP

Guaranteed by the expertise of the absolute European leader in laboratory diagnostics.

COMPLETE

Objective and Detailed Results Report

Additional Information

DOCUMENTATION - Available on SYNLAB Direct for clients

- Clinical Questionnaire

PREPARATION

- 12-hour fast is required before the test.
- On the day before the test, avoid consuming foods high in fiber (e.g., fruits and vegetables) or starches (e.g., bread, potatoes, cereals, and legumes). Only consume meat, fish, eggs, and dairy products.
- Antibiotics should not be taken for 15 days prior to the test.
- Laxatives should not be used for 2 days prior to the test.
- Drinking water is allowed during the fasting period and while the test is being performed.



Delivery Time

5 business days



Sample Type

Expired air