

SubstrateLactulose

Dose15 ml

Date05-18-2025

Patient Details

Name: A Demo Patient

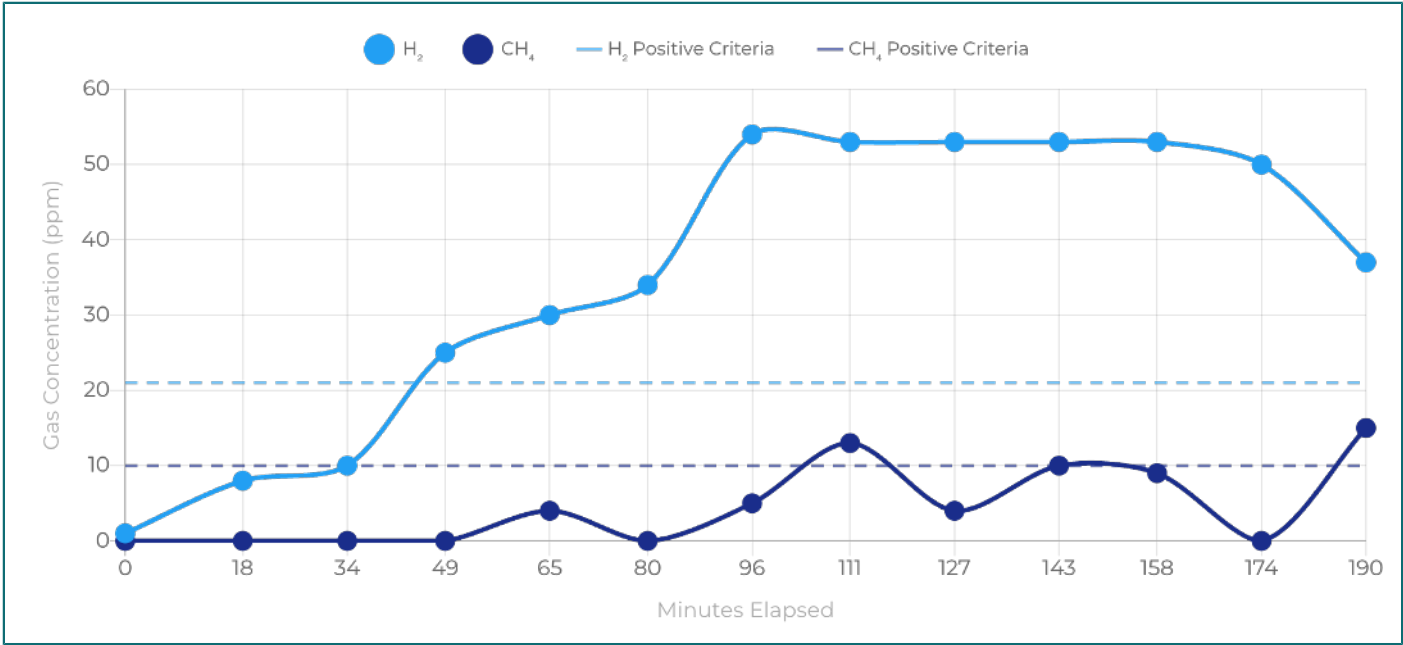
DOB: 01-01-1986

Clinician Details

Ordered by: Dr. Shannyn Fowl

Practice: vitabase

Gas	Baseline	Result	Interpretation	Criteria
H ₂	1 ppm	33 ppm	SIBO suggested	Rise above baseline in 90 mins ≥ 20 ppm
CH ₄	0 ppm	15 ppm	IMO suggested	Peak ≥ 10 ppm



Breath No.	base	1	2	3	4	5	6	7	8	9	10	11	12
Time (mins)	0	19	34	50	65	81	96	112	127	143	159	175	191
H ₂ (ppm)	1	8	10	25	30	34	54	53	53	53	53	50	37
CH ₄ (ppm)	0	0	0	0	4	0	5	13	4	10	9	0	15
Abdominal Pain	2	3	4	4	4	4	4	3	3	3	3	3	0
Nausea	2	3	4	4	4	4	4	4	4	3	3	3	0
Bloating	1	2	2	2	2	2	2	2	2	2	2	2	0

Symptoms are on a 0-10 scale

Test Criteria

An increase in breath **hydrogen** levels of greater than 20 ppm above baseline in the first 90 minutes of the test is suggestive of small intestinal bacterial overgrowth. [1] Tests that reach positive criteria within 100 minutes are considered borderline.

Detection of breath **methane** levels greater than 10 ppm at any point during a test (including baseline) is considered abnormal and is suggestive of intestinal methanogen overgrowth. [1]

Further Testing

The test result is suggestive of intestinal microbial overgrowth. Re- testing 2 weeks after treatment ends can help to assess efficacy and check that the overgrowth has been cleared.

Notes

References

- [1] Ali Rezaie, et al. "Hydrogen and methane based breath testing in gastrointestinal disorders: The North American consensus", American Journal of Gastroenterology, 2017, 112:775-784.