

Step 3:

Ship the specimen to the lab

Specimen must be returned in the Genova Diagnostics kit box for correct delivery to the lab. Not following these instructions may result in a shipping charge.

- Plan to ship the specimen **Monday – Friday overnight delivery only.**
- Call 1.800.GoFedEx (**1.800.463.3339**) to schedule shipping. When the automated system asks “How may I help you?” say “Return a Package.” Tell the FedEx representative “I am using a billable stamp” and they will walk you through the process and make it easy.
- **Seal the 6 filled specimen tubes in the bubblewrap bag.** Place the sealed bubblewrap bag in the kit box along with your **completed and signed requisition form** on top before closing. **Do NOT staple or tape box.**
- **Print your name and address** in the section marked “From” on the prepaid shipping envelope label. **DO NOT mark or write in any other sections.**
- Put the kit box into the prepaid mailing envelope and seal the envelope.
- Keep your shipment and tracking numbers for future reference and tracking purposes.

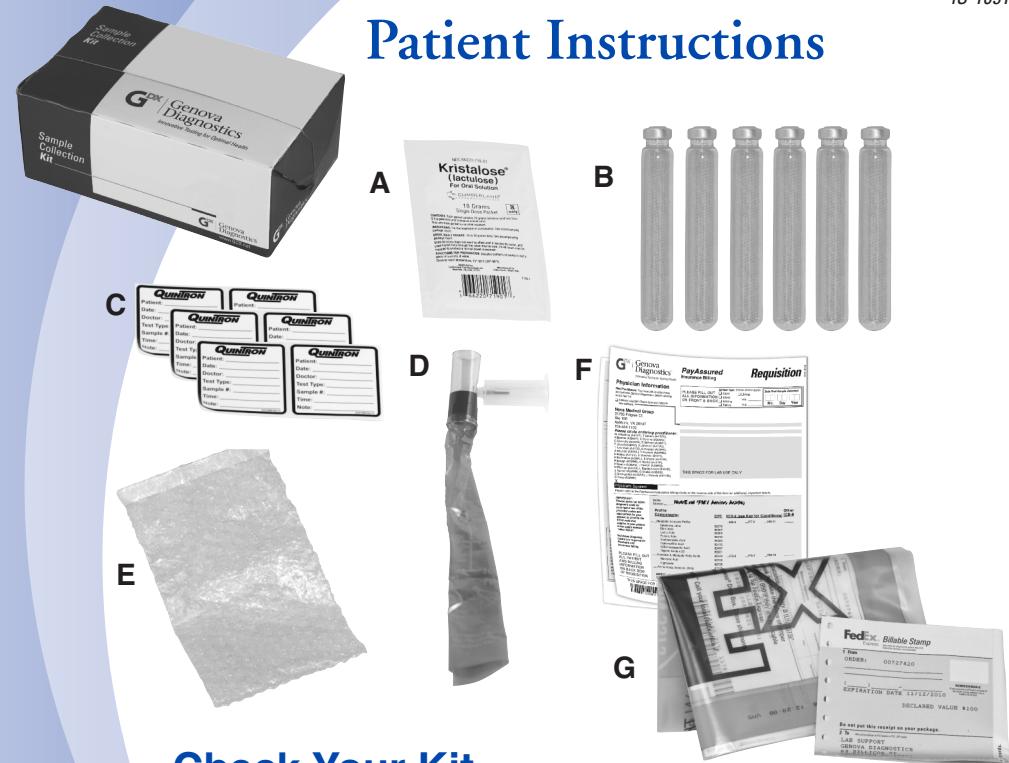


Innovative Testing for Optimal Health

Bacterial Overgrowth of the Small Intestine Breath Test

IS-1051

Patient Instructions



Check Your Kit

- A - Lactulose solution (10gm)
- B - 6 Vacuum-sealed collection tubes
- C - 6 Labels
- D - Mouthpiece/plastic bag
- E - 1 Bubblewrap Bag
- F - 1 Requisition (to be completed and signed)
- G - 1 Mailing envelope

- If any items are missing or expired, call Client Services at 800.522.4762 and press “1”.
- Keep the kit box for shipping your specimen to the lab.

Step 1:

Important things to know and consider

- **Caution:** This test uses lactulose as its testing agent, and is not recommended for individuals who have had allergic reactions to lactulose, are diabetics with a fasting urine glucose concentration >105mg/dl, or are on a galactose/lactose-restricted diet.
- **Caution:** Do not open, remove, or loosen tops of collection tubes—this will break the vacuum and make it impossible to perform your test. Do not stick your finger into the mouthpiece/plastic bag—there is a sharp needle inside.
- Keep collected specimens at room temperature.
- We do not suggest collecting during an acute infectious illness. Wait at least **4 weeks** from colonoscopy or barium enema before beginning the test. If you are using antibiotics, antifungals or Pepto-Bismol, wait at least **2 weeks** from your last dose before beginning the test.
- **1 week before the test:** Avoid the use of laxatives, stool softeners and/or stool bulking agents (Ex-Lax, Colace, Metamucil®, Fibercon®) as well as the use of antacids containing aluminum or magnesium hydroxide (e.g. Maalox liquid, Equate, Milk of Magnesia, Rolaids, Mylanta).
- **2 days before the test:** Stop eating high-fiber and lactose-containing foods for a full 36 hours before specimen collection. This usually means starting with the dinner meal two nights before doing the test. Refer to the enclosed diet instructions for a list of allowed /non-allowed foods and a sample diet. Avoid aspirin use during this time. **The evening before the test:** Eat a light dinner from the attached list of allowed foods, concentrating on the foods in the "A" list. **Stop eating and drinking** anything other than water at least **12 hours** prior to specimen collection.
- **The day of the test:** Do not drink anything for the first hour of collection. After the first hour you may drink water only. Continue fasting until you complete the entire test. Do not chew gum or tobacco, smoke, eat breath mints or candy, use toothpaste, nap, or exercise vigorously for at least 30 minutes before or at any time during the test. Do not take the test in a location where you are exposed to tobacco smoke.

Schedule & Prepare for Collection

- It is important that you collect breath specimens during the specified time frame.
- Number the labels 1-6 on the line "Sample ID". Write the patient's name, the healthcare provider's name, and the date of collection on each label. Stir the Lactulose solution into 8 ounces of water. Dissolve completely. Set aside until after you have completed your first breath collection. Brush your teeth and tongue (including the back of your tongue) without using tooth paste or mouth wash. Rinse your mouth with water.
- **Special Instructions for Children under 56 pounds**
Stir solution into 4 oz of warm water until dissolved. Give child 1/2 ounce of dissolved solution for every 7 pounds of body weight.
- **Plan for Monday-Friday collection only:** Specimens must be received in the laboratory within 8 days of collection.
- **Contact FedEx and schedule to ship the specimen overnight delivery** Monday – Friday.
- **Complete the Requisition Form** with all patient and billing information. Be sure it is signed by the Patient/Responsible Party and the healthcare provider.

Breath Collection Schedule:

Tube #	Time of collection
1	before drink
2	20 minutes after drink
3	40 minutes after drink
4	60 minutes (1 hour) after drink
5	90 minutes (1 1/2 hours) after drink
6	120 minutes (2 hours) after drink

Step 2:

Breath Collection Steps

Not following these instructions may affect your test results.



1

Write the patient's name and the time and date of collection on each collection tube and transfer tube. Select an empty tube and label number 1.



2

Pick up the mouthpiece/plastic bag in one hand and Tube 1 in your other hand.



3

Breathing normally, inhale and hold for 5 seconds. Then close your mouth tightly around the mouthpiece and exhale normally into the plastic bag until it fills completely. **Do not blow hard.**



4

Continue to exhale normally, with the bag expanded, and press the specimen tube into the side part of the mouthpiece. The needle will puncture the tube's self-sealing membrane, allowing air to properly fill the tube.



5

Remove the tube within 2 seconds of puncturing. You may stop exhaling into the mouthpiece. Do not unscrew the cap on the collection tube. Place the tube in the bubblewrap bag. Record the time under "Schedule".



6

Drink the Lactulose solution before continuing with the rest of the breath test. Drink the entire amount within 5 minutes. Do not drink water for 1 hour after you drink the solution. Record the time you drink the Lactulose solution here: _____.



7

Repeat steps 1-6 for each breath collection, using the remaining tubes and labels 2-6, in order and according to the collection schedule.

Consult your healthcare provider if you have any questions at any time during this test.