

# Instructions for the Methane Spot Test

## KIT CONTENTS CHECKLIST

- Collection device with tube holder
- 1 vacuum-sealed collection tube
- 1 label for the tube

**IMPORTANT:** Please read instructions below to ensure the test is performed accurately and appropriate preparation is completed.

### Option 1 - In Office Spot Test

This is a quick spot test assessment for constipated patients to assess if methane gas is a potential contributor.

If you are performing this test as an in-office sample collection to assess general methane production associated with constipation, preparation guidelines do not need to be performed.

### Option 2 - Follow Up Test

If you are performing this test as a retest after treatment to compare baseline methane samples to a previous breath test, please follow the preparation guidelines prior to sample collection.

Follow the patient preparation dietary guidelines that are included in the test kit box prior to performing the sample collection.

### Collect your sample as follows:

Watch the video demonstration before collecting your samples: <https://sibotest.com/pages/about-the-sibo-breath-test>

1. Hold the collection device in one hand and a collection tube in the other hand. You will only exhale once for the sample collection Take a normal (not deep) breath in; close your mouth around the mouthpiece then blow out normally.
2. As you exhale, the bag fills with air. Keep it inflated. (There is a small hole in the bag, this is intentional) During your exhalation (mid breath), insert the test tube into the needle holder completely so the stopper on the tube is punctured.
3. Remove the test tube after 1-2 seconds Keep the bag inflated until after the test tube is removed from the test tube holder.



Please package your test kit contents safely inside the bubble wrap bag, along with your completed referral form, and return promptly to the clinic for analysis. Your breath sample is only stable for 14 days after collection.

Return to: SIBOTEST PO Box 1266 Mullumbimby NSW 2482