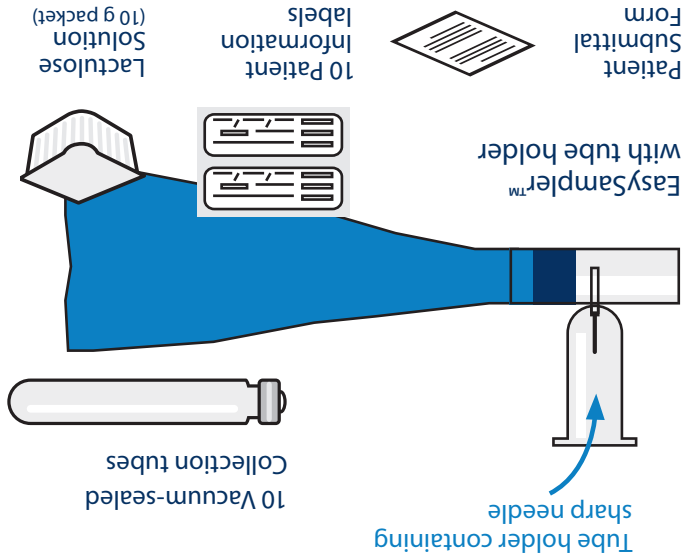


Packing & Shipping Components



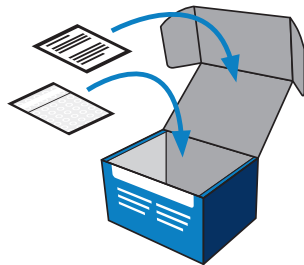
Contents of Your Test Kit

Packing & Return Shipping

 Ship Monday through Friday

Important:
You must ship your samples within 2 days of collection.

1. Insert your Patient Submittal Form into the Specimen Collection & Transport kit box
2. Place the bubble bags containing your labeled collection tubes into the transport kit box.
3. Insert the closed box into the UPS Laboratory Pak. Seal the Pak and affix the return shipping label.
4. Drop the package off at a UPS drop box or any UPS location. For a list of UPS locations, call (800) 742-5877 or visit www.ups.com



 Please do not staple, tape, or write on the box since it is designed to remain intact.

- Avoid enemas for 7 days and colonics for 2 weeks prior to taking this test.
- Do not smoke for 1 hour prior to, or during, this test.
- Do not sleep or exercise for 1 hour prior to, or during, this test.
- Do not ingest anything besides water during the fasting period or during this test.
- Consult with your physician if you are on a specialty diet or any medication you feel may conflict with this test.
- Discontinue the use of any antibiotics for 2 weeks prior to taking this test. However, please talk to your doctor before discontinuing antibiotics.
- Discontinue laxatives [including high-dose (>2,000 mg) vitamin C or magnesium (>1,000 mg)] for 4 days prior to taking this test.

Test Restrictions

- Please read all instructions carefully. CRITICAL instructions are listed in **REQUIRED 24-Hour Preparation Prior to Collecting Samples** section.
- The EasySampler device tube holder contains a sharp needle. Do not insert your finger into the tube holder at any time.
- Do not loosen or tamper with the tops of the vacuum-sealed collection tubes.
- You must ship your samples within 2 days of collection. Ship Monday through Friday.
- This test will take 3 hours to complete. A special diet is required for 24 hours in advance of the collection.
- It is recommended that you practice breathing into the EasySampler device prior to starting the first collection. The small hole in the bag is intentional.

Important Information

Patient Test Instructions

Domestic

Applies to the following tests:

Small Intestinal Bacterial Overgrowth (SIBO)
900 3-hour Breath Test

 For a video which explains the breath collection process, visit <http://www.youtube.com/biohealth>

24-Hour Preparation Prior to Collecting Samples

There are two 12-hour periods of preparation described below. For example, if you intend to start your breath collections at 8 am, your preparation period starts the day prior at 8 am. From 8 am to 8 pm on the day before collection, you will follow the limited diet. Later that evening, starting at 8 pm, you will fast and are only permitted to drink water. You will start collecting at 8 am the next morning.

FIRST 12 Hours

Avoid these foods and beverages:

Sugar (in any form), fruits and fruit juices, vegetables, nuts, seeds, grain products (plain steamed white rice and white bread are permitted), dairy products, alcoholic beverages, beans, herbs and spices.

Permitted and suggested foods:

Baked or broiled seafood, chicken, turkey, lean beef, crisp bacon, lean pork, eggs, oils, fats, clear chicken or beef broth, plain steamed white rice, plain black coffee, tea (avoid green and herbal tea), white bread.

LAST 12 Hours

Discontinue all food and drink except for water. You may brush your teeth. Perform the Sample Collection Steps the next morning.

Collection Guidelines

Collection errors will lead to an inaccurate result on the lab's instruments and your results may not be usable for analysis. To avoid retesting and the associated fees it is VERY important to follow these precautions.

DON'T insert and puncture the tube with the needle prior to breathing into the EasySampler collection device. This will contaminate the tube with outside air and cause an error in the testing process, requiring a retest.

DO breathe normally into the collection device and allow the bag to fully inflate before you puncture the tube with the needle. Insert and puncture the tube during mid-exhalation, hold the tube in place for about 2 seconds, and then remove it before you finish your breath.

DON'T take a deep breath and exhale into the device for sample collection.

DO inhale normally before exhaling into the collection device. The sample collections must be from a normal breath. Don't exaggerate or force your breathing.

DON'T insert and puncture the collection tube at the start of the exhalation instead of mid-exhalation.

DO insert and puncture the tube at mid-exhalation. Hold the tube in place for about 2 seconds and then remove it before you finish your breath.

DON'T puncture the tube more than once.

DO take care to puncture the tube with the needle only once.



For a video which explains the breath collection process, visit <http://www.youtube.com/biohealth>

Sample Collection Steps



The breath samples will be collected at 20 minute intervals throughout the test period AFTER collection of the BASELINE sample (Sample #1) and consumption of the lactulose solution.

STEP 1: Prepare the Lactulose Solution

Mix the lactulose with 8–10 ounces of water and set aside. You will drink this solution AFTER you collect your baseline sample. **DO NOT DRINK THE LACTULOSE SOLUTION YET.**

STEP 2: Collect the Baseline Sample

1. Hold the EasySampler device in one hand and a collection tube in the other.
2. Inhale normally (do not take a deep breath), then close your mouth around the mouthpiece and exhale normally while keeping the bag inflated. You will only exhale once per each sample collection.
3. At the middle of your exhalation (with bag fully inflated), insert the collection tube for about 2 seconds. Insert and puncture the tube at mid-exhalation. Hold the tube in place for about 2 seconds and then remove it before you finish your breath. (Do not puncture tube more than once.)
4. Remove the tube before you finish your exhalation (bag is still inflated).
5. Fill out the patient information label and place it on the tube. Make sure you record the correct Sample # or your results will be inconclusive.

STEP 3: Collect Samples 2 - 10

1. DRINK the entire lactulose solution you prepared in STEP 1 then wait 20 minutes before next collection.
2. COLLECT all samples following the Sample Chart below and Sample Collection Steps in STEP 2. Place each collection tube into the bubble bag(s) until all samples have been collected.

Sample	Collection Time
Baseline Sample 1	BEFORE drinking lactulose solution
Sample 2	20 minutes after drinking lactulose
Sample 3	40 minutes after drinking lactulose
Sample 4	60 minutes after drinking lactulose
Sample 5	80 minutes after drinking lactulose
Sample 6	100 minutes after drinking lactulose
Sample 7	120 minutes after drinking lactulose
Sample 8	140 minutes after drinking lactulose
Sample 9	160 minutes after drinking lactulose
Sample 10	180 minutes after drinking lactulose

Please refer to the Patient FAQ at biohealthlab.com/patients or contact your clinician. Scan this code with your mobile device to view the Patient FAQ



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