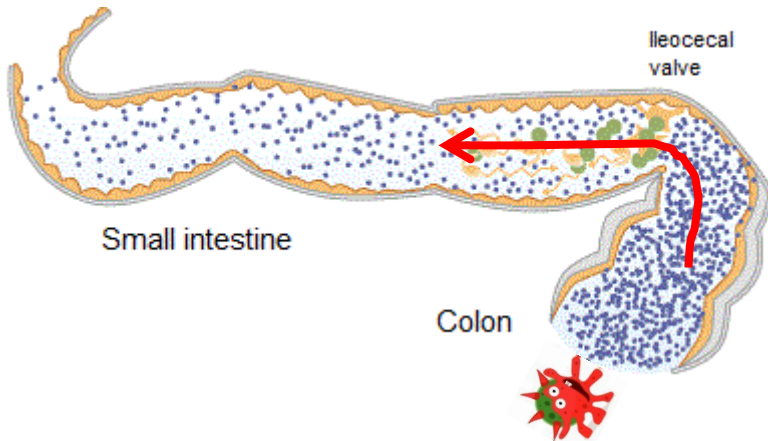


# Small Intestinal Bowel Overgrowth (SIBO) Hydrogen Breath Testing



**Small Intestine Bacterial Overgrowth (SIBO)** is a chronic bacterial overgrowth of the small intestine. The overgrowth is from bacteria that normally live in the lower gastrointestinal tract (colon) but have managed to move into the upper gastrointestinal tract (small intestine). A weak **ileocecal valve** (the valve which separates the bacteria-rich colon contents from the ileum, the final segment of the small intestine), can lead to an overpopulation of the small intestinal tract

with bacteria. The main symptoms of SIBO are those of Irritable Bowel Syndrome (IBS). SIBO has been shown to exist in up to 84% of IBS patients and is therefore believed to be the underlying cause.

## IBS Symptoms

- ⊖ Abdominal bloating, belching, flatulence
- ⊖ Abdominal pain, cramps
- ⊖ Constipation, diarrhoea

## Associated Conditions (In particular, if the symptoms of IBS are present)

Acne Roseacea	Gastroparesis	Liver cirrhosis
Anemia	GERD (Gastroesophageal Reflux Disease)	Medications: Proton Pump Inhibitors, Opiates, NSAIDS
Atrophic Gastritis	Hepatic Steatosis	Obesity
Autism	H pylori Infection	Pancreatitis
Celiac Disease	Hydrochlorhydria	Parasites
Chronic Fatigue Syndrome	Hypothyroid/ Hashimoto's Thyroiditis	Parkinson's
Cystic Fibrosis	IBD (Inflammatory Bowel Disease)	Prostatitis (chronic)
Diabetes	-Crohn's	Radiation Enteropathy
Diverticulitis	-Ulcerative Colitis	Restless Leg Syndrome
Dyspepsia	IBS (Irritable Bowel Syndrome)	Rheumatoid Arthritis
Erosive Esophagitis	Lactose Intolerance	Scleroderma
Fibromyalgia	Leaky Gut	Surgery: Post-Gastrectomy
Gallstones		

The incidence of bacterial overgrowth increases with age. Atrophic gastritis (chronic inflammation of the stomach), estimated to occur in 20 to 30% of healthy seniors, is the most common cause of reduced gastric acid secretion. This is a predisposing factor for bacterial overgrowth.

## Hydrogen Breath Testing

**A glucose hydrogen breath** test is the best option available to test for SIBO. Glucose is more sensitive than lactulose to a wide range of bacteria. If there is bacterial overgrowth in the small intestine, there will be higher than normal amounts of hydrogen and/or methane in the breath. Lactulose is still used as a control as some patients are thought not to produce hydrogen in large amounts, therefore a baseline lactulose hydrogen breath test is used to identify these patients.

I can help assess your symptoms for SIBO and arrange a Hydrogen Breath Test to confirm SIBO.

  
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