

# Protocols for Breath Hydrogen/Methane Tests

<p><b>Lactose:</b> Mix 1 gram (gm) of lactose for each kg of patient's body weight (max of 25gm) into 6-8oz. of water.</p>	<p>Collect baseline sample, administer lactose. Collect additional samples every hour for three hours. (4 samples total)</p>	<p>Breath H<sub>2</sub> increases at least 20ppm <b>or</b> breath CH<sub>4</sub> increases 12ppm over the lowest preceding value within the test period <b>or</b> combined breath H<sub>2</sub> and CH<sub>4</sub> increases at least 15ppm may be indicative of a positive study.</p>
<p><b>Fructose:</b> Mix 1 gram (gm) of fructose for each kg of patient's body weight (max of 25gm) into 6-8oz. of water.</p>	<p>Collect baseline sample, administer fructose. Collect additional samples every hour for three hours. (4 samples total)</p>	<p>Breath H<sub>2</sub> increases at least 20ppm <b>or</b> breath CH<sub>4</sub> increases 12ppm over the lowest preceding value within the test period <b>or</b> combined breath H<sub>2</sub> and CH<sub>4</sub> increases at least 15ppm may be indicative of a positive study</p>
<p><b>Sucrose:</b> Mix 2 grams (gm) of sucrose for each kg of patient's body weight (max of 50gm) into 6-8oz. of water.</p>	<p>Collect baseline sample, administer sucrose. Collect additional samples every 30 minutes for three hours. (7 samples total)</p>	<p>Breath H<sub>2</sub> increases at least 20ppm <b>or</b> breath CH<sub>4</sub> increases 12ppm over the lowest preceding value within the test period <b>or</b> combined breath H<sub>2</sub> and CH<sub>4</sub> increases at least 15ppm may be indicative of a positive study</p>
<p><b>Small Intestinal Bacterial Overgrowth (S.I.B.O.) #1:</b> Mix 1 gram (gm) of lactulose for each kg of patient's body weight (max of 10gm) into 6-8oz. of water.</p>	<p>Collect baseline sample, administer lactulose. Collect additional samples every 20 minutes for three hours. (10 samples total)</p>	<p>An increase of at least 20ppm within the first 2 hours (small intestine) followed by a larger peak (colonic) may be indicative of a positive study. <b>Note:</b> Some studies do not present statistical double peaks, but plateau instead.</p>
<p><b>Small Intestinal Bacterial Overgrowth (S.I.B.O.) #2:</b> Mix 1 gram (gm) of glucose for each kg of patient's body weight (max of 100gm) into 6-8oz. of water.</p>	<p>Collect baseline sample, administer glucose. Collect additional samples every 20 minutes for three hours. (10 samples total)</p>	<p>H<sub>2</sub> or CH<sub>4</sub> increases at least 12ppm over the lowest preceding value within the test period may be indicative of a positive study.</p>
<p><b>d-Xylose:</b> Mix 1 gram (gm) of d-Xylose for each kg of patient's body weight (max of 25gm) into 6-8oz. of water.</p>	<p>Collect baseline sample, administer d-Xylose. Collect additional samples every 20 minutes for three hours. (10 samples total)</p>	<p>An increase of H<sub>2</sub> or CH<sub>4</sub> after 60 min. may be indicative of intestinal transport capacity. <b>Note:</b> If an increase in H<sub>2</sub> or CH<sub>4</sub> occurs prior to 60 min., SIBO is suspected and a test should be performed.</p>
<p><b>Sorbitol:</b> Mix 0.25-0.50gm of sorbitol for each kg of patient's body weight (max of 10gm) into 6-8oz. of water.</p>	<p>Collect baseline sample, administer sorbitol. Beginning 40 minutes after ingestion of sorbitol, collect samples every 10 minutes until the H<sub>2</sub> and/or CH<sub>4</sub> rise 3ppm over the previous level for at least 3 successive intervals. Reduce samples to 20 minutes after 2 hours.</p>	<p>If breath H<sub>2</sub> increases over 30ppm and the patient is experiencing cramping, the test may be indicative for sensitivity to sorbitol.</p>

**Do not stop any testing early without the physicians approval.** Physicians may alter the protocols or their interpretations depending on their patient/office needs. However, if any portions of the above protocols have been modified, QuinTron may not be able to assist with testing questions you may encounter.

