

Test Preparation

Please read the following instructions carefully **before** taking the test and prepare for it accordingly.

Consumption of medicines and food supplements

No antibiotics or laxatives, especially lactulose, should be taken before and during the test, as this may falsify the test results. The last intake of antibiotics should therefore be 4 weeks ago, the last intake of laxatives 3 days ago. If it is absolutely necessary to take antibiotics, you should postpone the test. No prebiotics or probiotics should be taken one week before the start of the test. Vitamins should not be taken on the day of the test. Other medicines can be taken with water.

48 h before Test Start

Avoid high-fibre and hard-to-digest foods (e.g. wholemeal products, lentils, beans, peas, cabbage or fruit) and drinks and juices containing fructose on the days **before** the start of the test.

24 h before Test Start

24 hours before the start of the test, you should only eat easily digestible foods. Permitted are: white rice, chicken breast, white bread, eggs, sunflower oil for frying.

12 h to 16 h before Test Start

12 to 16 hours before the start of the test (e.g. overnight) you should not eat or drink anything (only still water is allowed). Please also refrain from smoking and chewing gum.

1 h before Test Start

Get up at least 1 hour before starting the test. Drink and gargle with 1 small glass of hot water in the morning before the test to flush out possible gas-forming germs in the mouth and throat.

Do not use toothpaste on the test morning.

Physical exercise should be avoided before and during the test.

Do not use denture adhesives on the day of the test.

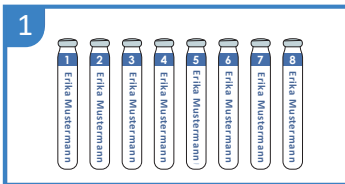
While taking the Test

The test must be performed in the morning on an empty stomach. No food or drink should be consumed while taking the test (only a moderate amount of still water is allowed). Please refrain from smoking and chewing gum.

Note any symptoms that occur during the test on the documentation form.
Keeping track of the symptoms is necessary for determining the level of severity.

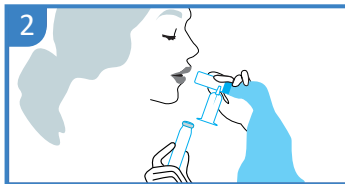
SiboCheck Test Instructions

Video instructions on youtube.de under "SiboCheck Test instructions".

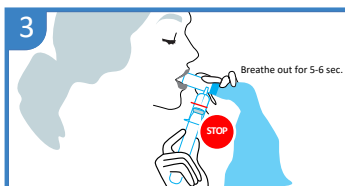


Label the glass tubes with your name and the numbers 1-8 and arrange the glass tubes in front of you in the order 1-8.

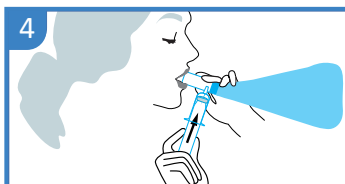
Please note: Before taking the lactulose solution, a fasting value (with glass tube no. 1) must be taken:



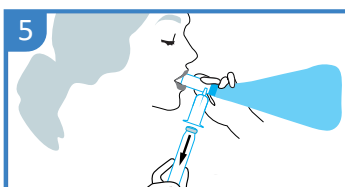
To measure the fasting value, hold the blue bag in one hand and glass tube no. 1 in the other hand. **DO NOT** loosen or remove the lids of the glass tubes as this will make the glass tubes unusable.



Push the glass tube no. 1 (with the lid first) halfway into the needle piece **WITHOUT** the needle piercing the lid of the glass tube. Close your mouth around the mouthpiece and breathe in normally through your nose. Then exhale through the mouth into the bag for 5-6 seconds.



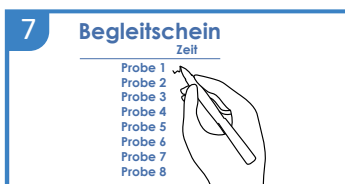
When you exhale, the blue bag fills with air, which is released through a small opening in the bag. Once the bag is inflated for 5-6 seconds, push the glass tube into the needle while continuing to exhale into the blue bag.



After 1 second, remove the glass tube from the needle. Now put the glass tube no. 1 filled with your breathing air back into the Sibochek box and note the time on the documentation form.



Now dissolve the test substance (lactulose) in 200 ml warm water. Drink the test solution either in one go or within 1 minute at the most and note the time on the documentation form.



Now take the other seven breath samples (glass tubes 2-8) in **20-minute** intervals. Repeat steps 2-5. Be sure to note the time of each breath sample collection on the documentation form. Make sure you stick to the 20-minute intervals.

**Please do not touch the inside of the removal device with your finger.
There is a sharp needle inside, posing a risk of injury!**