

Challenge REPORT

Substrate Lactulose

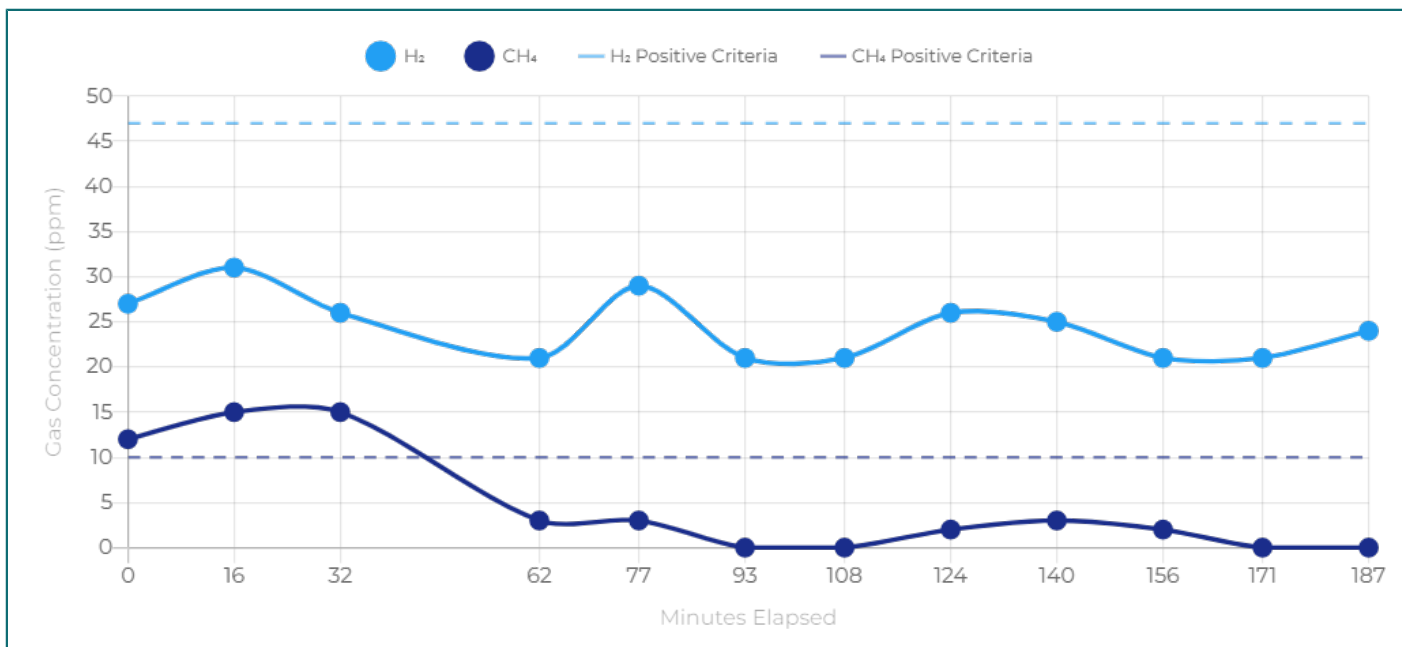
Dose 15 ml

Date 06-28-2023

Patient Details
 Name: [REDACTED]
 DOB: N/A

Clinician Details
 Ordered by: [REDACTED]
 Practice: FoodMarble

Gas	Baseline	Result	Interpretation	Criteria
H ₂	27 ppm	4 ppm	SIBO not suggested	Rise above baseline in 90 mins ≥ 20 ppm
CH ₄	12 ppm	15 ppm	IMO suggested	Peak ≥ 10 pmm



Breath No.	base	1	2	3	4	5	6	7	8	9	10	11
Time (mins)	0	17	32	62	78	93	109	125	140	156	172	187
H ₂ (ppm)	27	31	26	21	29	21	21	26	25	21	21	24
CH ₄ (ppm)	12	15	15	3	3	0	0	2	3	2	0	0

Test Criteria

An increase in breath **hydrogen** levels of greater than 20 ppm above baseline in the first 90 minutes of the test is suggestive of small intestinal bacterial overgrowth. [1] Tests that reach positive criteria within 100 minutes are considered borderline.

Detection of breath **methane** levels greater than 10 ppm at any point during a test (including baseline) is considered abnormal and is suggestive of intestinal methanogen overgrowth. [1]

Notes

References

- [1] Ali Rezaie, et al. "Hydrogen and methane based breath testing in gastrointestinal disorders: The North American consensus", *American Journal of Gastroenterology*, 2017, 112:775-784.