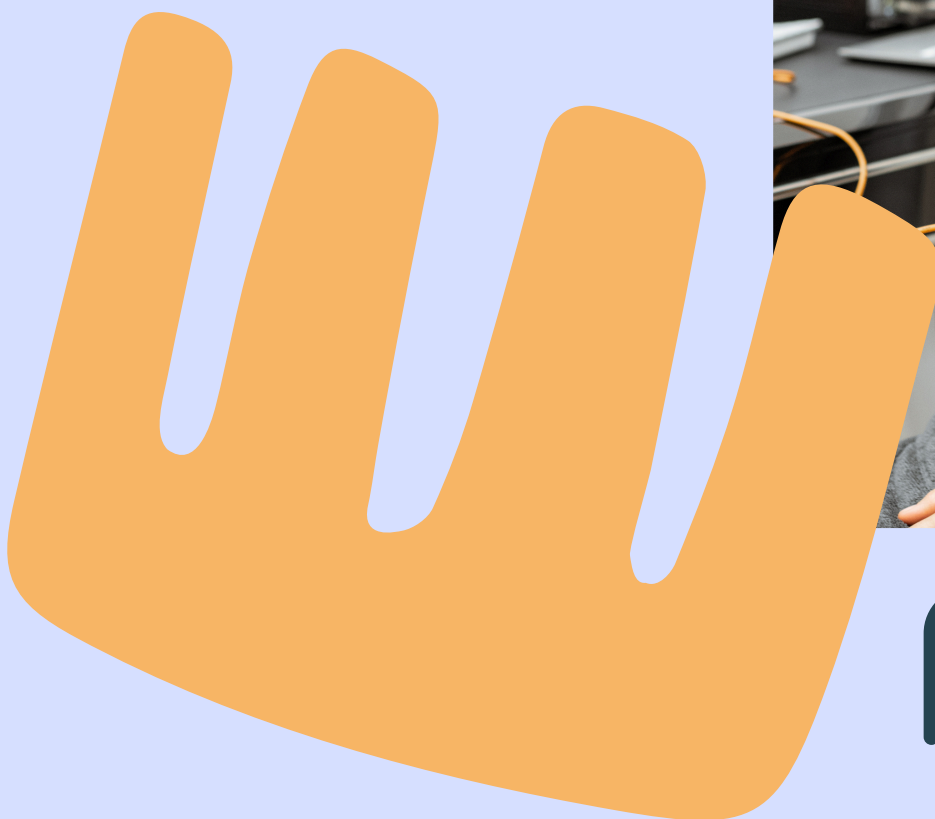
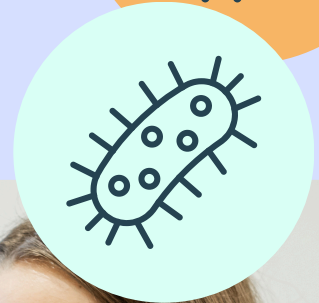


SIBO

Breath Test

Preparation

Checklist for a perfect preparation



Preparation for the Breath Test

Are you suffering from IBS-like symptoms?

Do you often experience symptoms like diarrhea, constipation, abdominal pain, bloating, and a distended belly? All tests so far have come back normal, but you suspect *small intestinal bacterial overgrowth* (SIBO) might be the cause? A breath test could shed some light.

How do I properly perform a breath test?

This is a question many people ask themselves. In this checklist, I'll share the key tips for preparing for a breath test that I consider valuable based on my experience. For the test results to be meaningful, proper preparation and execution are essential. Make sure to coordinate the procedure with your healthcare provider.



Yours,



Dr. Thomas Bacharach

The more we understand about small intestinal bacterial overgrowth (SIBO), the more people we can help achieve a better gut feeling. For me, learning about SIBO was a breakthrough — both for my own digestive issues and in my daily work.

General information

- Be sure to discuss the recommendations in this guide with your doctor or therapist, especially if you take medication regularly.
- Do not stop taking any medication on your own – not even temporarily – without consulting your doctor first.

Special note for diabetics and pregnant women:

- Review the entire guide with your doctor, especially the section on diet during the 24 hours leading up to the test.

Checklist

My personal checklist for the breath test

Name:

Day of testing:

Before the test: Waiting periods



4 weeks before	No antibiotics or antifungals (including herbal remedies like oregano oil or pomegranate extract, unless it's a follow-up test).	
2 weeks before	No medical procedures involving the digestive tract (e.g., colonoscopy, barium study, enemas).	
2 weeks before	No acute illnesses such as unusual or severe diarrhea.	

Checklist

My personal checklist for the breath test

Name:

Day of testing:



Before the test: Preparation days



7 days before	Discontinue probiotics and fermented foods (e.g., yogurt, sauerkraut, kefir).	
7 days before	Discontinue prokinetics in consultation with your doctor (if used for constipation or gastroparesis).	
7 days before	No laxatives (including high-dose vitamin C or magnesium). Exception: glycerin suppositories are allowed.	
3 days before	Avoid gas-producing foods (e.g., cabbage, legumes, Jerusalem artichoke, peanuts).	
24 hours before	Eat only easily digestible foods (e.g., grilled/baked meat, eggs, clear broth, cooked rice).	
24 hours before	Do not consume processed or carbohydrate-rich foods.	
24 hours before	Avoid any foods or drinks that trigger symptoms for you, even if they are on the allowed list.	

Checklist


My personal checklist for the breath test

What can I eat 24 hours before the test (48 hours if you have severe constipation)?


BiUp until the fasting period (12 hours before the test), you should only eat carefully selected foods that are easy to digest and do not promote gas formation in the gut.

Here is an overview:


What you can eat:

- 
- **Proteins:** Freshly prepared meat (baked or grilled, e.g., chicken, turkey, or fish), eggs.
 - **Fats:** Plant-based oils (olive oil, coconut oil, etc.), a small amount of butter.
 - **Dairy:** Small amounts of hard cheese.
 - **Broth:** Clear meat broth — no vegetables or bones.
 - **Spices:** Only salt and black pepper.

Additional options (only during the first 6 hours of the prep period):

- 
- A small portion of freshly cooked white rice (e.g., jasmine or basmati; not cooled, as cooling forms resistant starch which feeds gut bacteria).
 - Max 2 small pieces of dark chocolate (at least 70% cocoa).
 - 1 teaspoon of sugar or 5 nuts (no peanuts).

Drinks:

- 
- Still water.
 - Weak black coffee or tea — no milk, sugar, or other additives.

Please avoid all foods not listed here. Additionally, refrain from consuming anything that triggers symptoms for you — even if it's technically allowed. Individual tolerance may vary.

IMPORTANT: If you suffer from severe constipation, follow this dietary protocol for 48 hours before the test!

Checklist

My personal checklist for the breath test

What can I eat 24 hours before the test (48 hours if you have severe constipation)?

24-Hour Sample Schedule Before the Breath Test

Sample Meal Plan - 1 Day before Testing

08:00 AM Breakfast

Omelet with a small portion of hard cheese

01:00 PM Lunch (no later than 18 hours before the test)

Freshly prepared meat of your choice with a small portion of rice

06:00 PM Dinner

Fish fried in olive oil with a small portion of scrambled eggs

08:00 PM – 08:00 AM: Fasting Period

Fast for 12 hours



Checklist

My personal checklist for the breath test

Name:

Day of testing:



Before the test: Preparation days



12 hours before	Start of the fasting period: Only still water is allowed from this point on.	
12 hours before	No food, caffeinated drinks, or additives (e.g., sugar, milk, sweeteners).	



On the day of the test - Preparation



Preparation	Wake up at least 1 hour before the start of the test.	
Preparation	Brush your teeth without toothpaste, and rinse your mouth and throat with warm water.	
Preparation	No smoking, physical activity, or food before the test.	

Checklist

My personal checklist for the breath test

Name:

Day of testing:

TEST



On the day of the test - Procedure



Sample preparation	Label sample tubes with name, date, and time.	
Sample preparation	Lay out the tubes in the correct order.	
Sample preparation	Dilute the sugar solution (e.g., lactulose, glucose, or fructose) according to the instructions, but do not drink it yet.	
Baseline measurement	Collect the first sample (see instructions).	
Further samples	Collect one additional sample every 20 minutes (a total of 9 samples).	
Further samples	Set a timer for each time point (20, 40, 60, 80 minutes, etc.).	

Checklist

My personal checklist for the breath test

Name:

Day of testing:

After the test



sample packaging	Place the sample tubes securely in the padded shipping envelope.	
sample packaging	Fill out the requisition form completely and include it with the shipment.	
shipping	Ship samples from Sunday to Wednesday to avoid delays.	
shipping	If you have questions or uncertainties: check the test provider's instructions or contact your doctor.	

Good luck with the test!

You'd like to learn more about Small Intestinal Bacterial Overgrowth (SIBO)?

- You're looking after an **online course about SIBO**? Visit us online:
www.sibo-academy.de
- You can find more exciting articles about SIBO on our **Blog**
(Click here!)

Understanding SIBO was the key that helped me break free from the IBS trap!



Scan the QR-
Code for more
information

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