



BE COMPLEAT

WIĘCEJ NIŻ DIETA

EXAMPLE

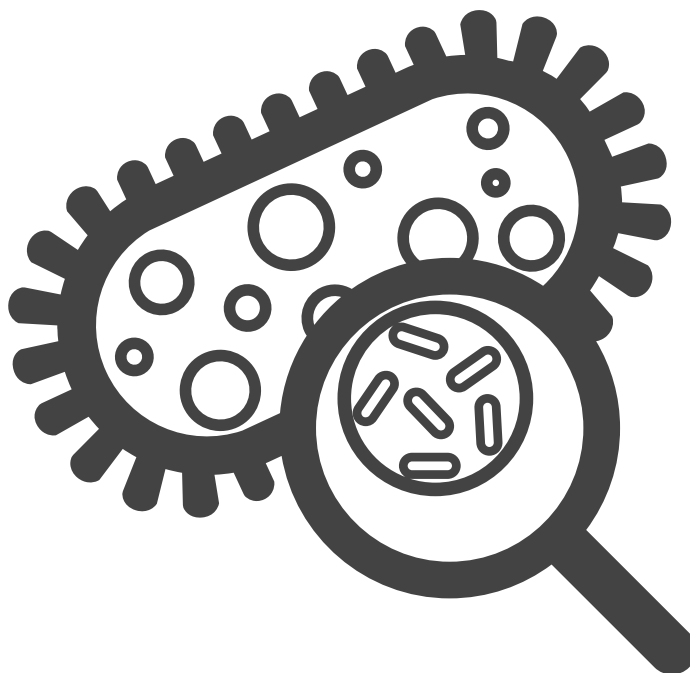
Data badania

10.02.2022

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SIBO / IMO test

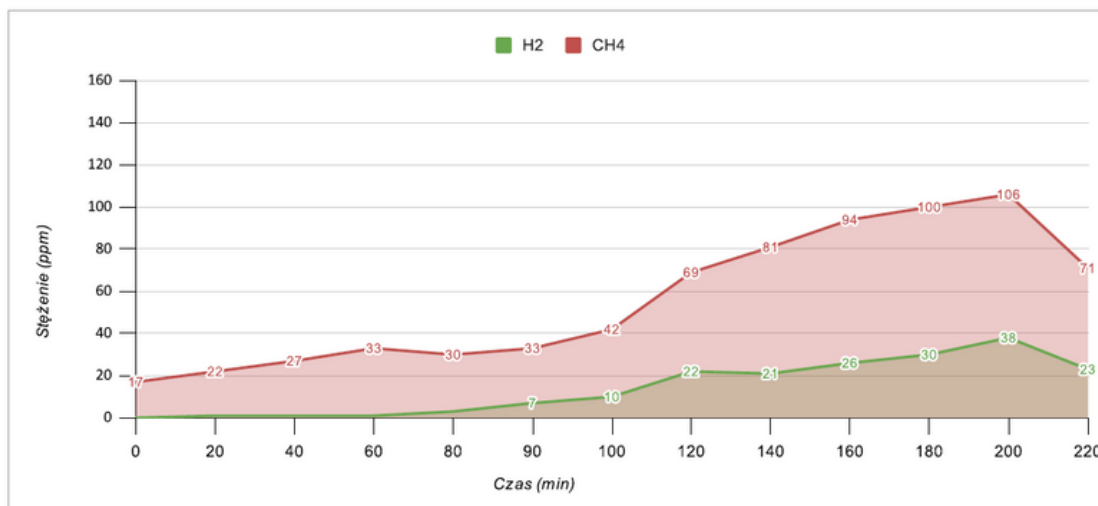
The hydrogen-methane breath test (with CO₂ correction) is performed using the QuinTron BreathTracker S.C. gas analyzer.

During the test the concentration of two gases - hydrogen (H₂) and methane (CH₄) - is measured simultaneously. Analysis of the obtained results allows for a diagnosis of SIBO (small intestinal bacterial overgrowth syndrome) and/or IMO (intestinal methanogen overgrowth).

This test is a simple and non-invasive, yet reliable test.

Test report

Hydrogen-methane breath test (with CO2 correction)



Stężenie wodoru (H2), metanu (H4) oraz dwutlenku węgla (CO2)													
	0	20	40	60	80	90	100	120	140	160	180	200	220
H2	0	1	1	1	3	7	10	22	21	26	30	38	23
CH4	17	22	27	33	30	33	42	69	81	94	100	106	71
H2+CH4	0	23	28	34	33	40	52	91	102	120	130	144	94
CO2*	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Godzina pobrania próbek													
Godzina	9:55	10:15	10:35	10:55	11:15	11:25	11:35	11:55	12:15	12:35	12:55	13:15	13:35
* Próbki są korygowane w zależności od stężenia dwutlenku węgla (CO2) w celu uwzględnienia ich różnic. Nieprawidłowe są klasyfikowane jako niewystarczające.													

Podsumowanie wyników													
Wodór (H2)													
Stężenie początkowe H2	< 10 ppm	0											
Zmiany stężenia H2	< 20 ppm	7											
Metan (CH4)													
Najwyższa wartość CH4	< 10 ppm	106											
Wodór + Metan (H2+CH4)													
Zmiany stężenia H2 + CH4	< 15 ppm	113											

Interpretation of results

Hydrogen-methane breath test with lactulose (10g)

Remember that interpretation of results should be done in conjunction with the symptoms that accompany the person being tested.

HYDROGEN CONCENTRATION

An increase in hydrogen concentration of ≥ 20 ppm from baseline within 90 minutes is the basis for the diagnosis of SIBO.

METHANE CONCENTRATION

An increase in methane concentration ≥ 10 ppm at any point during the test is diagnostic of IMO.

CHANGE IN SUM OF HYDROGEN AND METHANE CONCENTRATIONS

When the change in the sum of hydrogen and methane concentrations is ≥ 15 ppm over 90 minutes, the test is positive.

YOUR TEST RESULT:

POSITIVE result. Suspected intestinal methanogen overgrowth (IMO).