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SIBO FAQ's for Patients

What is SIBO?

- SIBO stands for **Small Intestine Bacterial Overgrowth**. It happens when some bacteria that normally live in your lower intestine end up living in your small intestine. These bacteria aren't normally supposed to live in the small intestine and when they are present in this incorrect location they can cause many unwelcome symptoms. When these bacteria digest food, they release Hydrogen and Methane gasses. When these gasses are in your small intestine, they can cause many problems and symptoms.

What are the Symptoms of SIBO?

- **Common SIBO symptoms are:** Gas, bloating, reflux, diarrhea, abdominal pain, heartburn/reflux, weight gain, weight loss, excessive burping, flatulence (often foul smelling) and constipation. There are many other uncomfortable yet less common symptoms that may be attributed to SIBO.

Who should be tested for SIBO?

- Anyone who has had a history of food poisoning, especially if their gut problems started after a suspected case of food poisoning.
- Anyone who has been diagnosed with IBS.
- Patients who have some or all of the above symptoms and haven't benefitted from other treatment measures tried.

How do I order a SIBO test?

- **Lactulose Breath Test:** Please have your provider contact our organization to get registered to order SIBO tests so they will be eligible to order a SIBO test for you.
- **Glucose Breath Test:** This test does not require a prescription so you may just give us a call to order this test for yourself.