



www.insidehealthinstitute.org
Phone: 425-256-2125
Fax: 425-310-8166
info@insidehealthinstitute.org

IHI SIBO ProviderRegistration Form

Providers: Please fill out the Provider Registration Form below to be registered in our system. We will verify your information and, once verified, you will receive an email that confirms your registration. The IHI SIBO Test Order Form will be attached to this email. Additionally, you may find the test order form on our website www.insidehealthinstitute.org under the services tab. If you do not receive an email within 48 hours after registering please contact us.

Provider Name _____

Professional License Type _____

License Number _____

Expiration Date(MM/DD/YYYY) _____

State Licensed _____ **NPI (US Only)** _____

Contact Person (ie Clinic Director if applicable) _____

Clinic Name _____

Address _____

Street Address

City

State

ZIP Code

Phone _____ **Fax** _____

Email _____



QUINTRON

Driven by Research. Guided by Science.

PROTOCOLS AND INTERPRETATION HELP

HYDROGEN/METHANE BREATH TESTS

Do not stop breath tests early without the physician's approval.
The physician must perform any interpretations and approve any modifications to a standard protocol.

PROTOCOLS FOR BREATH TESTS

STANDARD DOSAGES AND SAMPLING INTERVALS

Breath Test	Dosage	Mixing	Sample Intervals
Lactose Intolerance	<ul style="list-style-type: none"> • Max Dose = 25g • Patients 55 lbs (24.9kg) or greater = 25g Lactose • Patients less than 55 lbs (24.9kg) = 1g of Lactose for each 2.2 lbs (1kg) of patient weight. 	Mix dose of Lactose in 8-10 ounces of water.	Collect Baseline, drink mixed Lactose and collect a single breath sample each hour for 3 hours. (4 Samples Total)
Fructose Intolerance	<ul style="list-style-type: none"> • Max Dose = 25g • Patients 55 lbs (24.9kg) or greater = 25g Fructose • Patients less than 55 lbs (24.9kg) = 1g of Fructose for each 2.2 lbs (1kg) of patient weight. 	Mix dose of Fructose in 8-10 ounces of water.	Collect Baseline, drink mixed Fructose and collect a single breath sample each hour for 3 hours. (4 Samples Total)
Sucrose Intolerance	<ul style="list-style-type: none"> • Max Dose = 50g • Patients 110 lbs (50kg) or greater = 50g Sucrose • Patients less than 110 lbs (50kg) = 2g of Sucrose for each 2.2 lbs (1kg) of patient weight. 	Mix dose of Sucrose in 8-10 ounces of water.	Collect Baseline, drink mixed Sucrose and collect a single breath sample every 30 minutes for 3 hours. (7 Samples Total)
Small Intestinal Bacterial Overgrowth (SIBO): Option 1: Glucose (Dextrose)	<ul style="list-style-type: none"> • Max Dose = 100g • Patients 220 lbs. (100kg) or greater= 100gm of Glucose • Patients less than 220lbs (100kg); mix 1 Tablespoon of Dextrose/Glucose to each 23 lbs (10.4kg) of patient's weight into 8-10 oz of water. • Alternatively, for more accurate dosing, mix 1g of Dextrose/Glucose for each 2.2lbs (1kg) of patient body weight. 	Mix dose of Glucose (Dextrose) in 8-10 ounces of water.	Collect Baseline, drink mixed Glucose (Dextrose) and collect a single breath sample every 20 minutes for 3 hours. (10 Samples Total)
Option 2: Lactulose	<ul style="list-style-type: none"> • Max Dose = 10g • Patients 25 lbs. (10kg) or greater = 10g of Lactulose • Patients less than 25 lbs. (23kg) = 1g of Lactulose to each 2.2 lbs. (1kg) of patient's weight. 	Mix dose of Lactulose in 8-10 ounces of water.	Collect Baseline, drink mixed Lactulose and collect a single breath sample every 20 minutes for 3 hours. (10 Samples Total)

**Dosing Tips
are located on the
back of this booklet.**

EXAMPLE DOSE MEASURING FOR DEXTROSE/GLUCOSE

- Divide Patient Weight by 2.2 to calculate kg (ex. 150lbs/2.2 = 68kg).
- Dose = 1g of Dextrose/Glucose for each kg of patient weight.
- The Patient will ingest 68g of Dextrose/Glucose in 8-10 oz of water.



