



# HOW TO TAKE YOUR <sup>13</sup>C-SUCROSE BREATH TEST

## A. CONTENTS

- 4 breath collection tubes with blue, pink, white, and red caps
- Sucrose sugar packet
- Straw
- Sucrose Breath Test Form (**lab cannot process test if this form is not filled out completely**)
- Security seal for return shipment using original test box (white tape)



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## B. PREPARATION

### DO

- **FAST OVERNIGHT** at least 8 hours before the test. Fasting means that you consume no food and drink only water. Don't eat breakfast until after the test is over.
- Brush your teeth in the morning before beginning the test.
- Fill out the test requisition form with your name and the requested information.

### DO NOT

- **Do not** take prescription antibiotics for 1 week prior to taking the sucrose breath test. Do not use antihistamines and nonsteroidal anti-inflammatory drugs (aspirin, ibuprofen, or other) for 12 hours before the test.
- **Do not** sleep or exercise vigorously for at least a half-hour before or at any time during the test.
- **Do not** chew gum or smoke on the morning of the test.

## C. INSTRUCTIONS

Before starting, it is very important that you **read ALL instructions** to ensure samples are collected in the proper order. You will collect 4 breath samples during the test.

### Step 1

1. Unscrew and remove the cap of the **Baseline** breath collection tube (**BLUE CAP**).
2. Take a full breath and blow through the straw directly into the tube and count to 5. It's OK if some of your breath blows out of the top of the tube. This is normal.
3. After blowing into the tube, replace the cap within 5 seconds. Screw cap so that it is "finger-tight." Do not over tighten cap. If you can't replace the cap on the tube within 5 seconds, start the breath collection again from step 1. **TIP: Keep the BLUE CAP close by, ready to screw back on quickly!**

### Step 2

Open the sucrose packet and pour the contents into a cup or glass with 8 ounces (1 cup) of room temperature water. Tap water or bottled water are both OK. Stir vigorously until the sucrose is dissolved (no visible crystals at the bottom of the cup or glass).

### Step 3

Drink the whole glass of sucrose solution. It's OK if this takes a few minutes. It will taste sweet. Note the time when you have finished drinking the sucrose solution.

### Step 4

Wait for 30 minutes. Collect the second breath sample using the collection tube labeled **30 min** (**PINK CAP**). **Don't eat or drink anything during this part of the test.**

### Step 5

Wait for 30 more minutes (60 minutes after drinking the sucrose solution) and collect the third breath sample using the collection tube labeled **60 min** (**WHITE CAP**). **Don't eat or drink anything during this part of the test.**

### Step 6

After 30 more minutes (90 minutes after drinking the sucrose solution), collect the final breath sample using the collection tube labeled **90 min** (**RED CAP**).

### Step 7

Place all the tubes in the slots in the original box along with the completed Sucrose Breath Test Form. Make sure the form is filled out completely. Secure the box with the enclosed security seal (piece of clear or white tape). Deposit the test box into any mailbox.

**NOTE** The results of the test will be faxed or emailed to your healthcare provider the same day as samples are received. The sucrose breath test results are not intended for diagnosis of any disease. They are intended to provide nutritional guidelines to qualified healthcare professionals with full knowledge of a patient's history and concerns to assist in the design of an appropriate healthcare program.

Lab testing provided by Metabolic Solutions, Inc.

460 Amherst Street, Nashua, NH 03063 USA • [www.metsol.com](http://www.metsol.com)