

## Steps for Small Bowel Bacterial Overgrowth Test

	Task	Check When Done
<b>Step 1</b>	Fill out the labels and mark the tubes 1 through 10. <b>Do not mix up the tubes when taking your samples.</b> If the tubes get out of order, you will need to redo the test.	<input type="checkbox"/>
<b>Step 2</b>	The Easy Sampler device is a mouthpiece with bag attached. It is inside a sealed plastic bag. Carefully remove the device from the bag.	<input type="checkbox"/>
<b>Step 3</b>	<b>Do NOT drink any solution yet.</b> We strongly advise that you practice taking a breath sample before you do the test. For your practice run, use the loose tube with a red top that is in your box.	
	a. Hold the Easily Sampler mouthpiece in one hand and the practice tube in your other hand.	<input type="checkbox"/>
	b. Take a normal breath in (not a deep breath). Close your mouth around the mouthpiece and breathe out (exhale) normally. The bag will inflate.	<input type="checkbox"/>
	c. Keep blowing into the mouthpiece to keep the bag inflated. At the same time, insert the practice tube into the tube holder on the side of the mouthpiece. Make sure you push the tube in far enough to puncture the top of the practice tube. Keep blowing for 1 to 2 seconds.	<input type="checkbox"/>
	d. While the bag is inflated, pull the practice tube out of the tube holder and set it aside. Breathe normally.	<input type="checkbox"/>
	e. After you are done, throw the practice tube away so that it does not get mixed with the real test tubes.	<input type="checkbox"/>
<b>Step 4</b>	Now it is time for the real test. <b>Before</b> you drink the solution, collect breath sample #1. We will use this sample as your baseline. Record the <b>date and time</b> that you collect this sample.	<input type="checkbox"/>
<b>Step 5</b>	Drink the solution right after you collect sample #1. You can either mix the solution in 8 oz. of water, or drink the solution and then drink 8 oz. of water. Drink all of the solution and water within 3 to 5 minutes.	<input type="checkbox"/>
<b>Step 6</b>	After you drink the solution, wait 20 minutes and then collect sample #2. For samples #2 through #10:	<input type="checkbox"/>
	<ul style="list-style-type: none"> <li>• Use steps 3b through 3d above to collect each breath sample.</li> <li>• Wait 20 minutes between each sample. It will take 3 hours to collect all 10 samples.</li> </ul> Record the <b>date and time</b> that you collect each of the samples. If you feel unusual symptoms at any time, please describe them briefly on paper and include them when you send in your samples.	

## How to Find Us

A map and parking rates are included with this handout.

### University of Washington Medical Center

Digestive Health Center  
Surgery Pavilion, 3rd Floor  
1959 N.E. Pacific Street  
Seattle, WA 98195  
206.598.4377

From N.E. Pacific St., follow the signs to the Emergency Room. At the stop sign, enter the Surgery Pavilion Parking Garage on the left.

After parking in the garage, take the elevator to the 3rd floor. Turn right into the Digestive Disease Center.

During the 3 hours you are taking samples:

- Do **not** sleep or exercise vigorously.
- You can do quiet activities.
- Do **not** eat, chew gum or tobacco, smoke cigarettes, or eat breath mints or candy.
- You may have small sips of water during the test.

## After the Test is Done

Put the 10 test tubes in the bubble bags. Place the bubble bags and any paperwork back in the cardboard container, and return (or mail) the container to Digestive Health Center.

**Your samples must be returned or mailed within 3 days of collection.** If you are mailing your container, please call us at 206.598.4729 and tell us that you have mailed it.

If you have any questions during the test, call **206.598.4729**. You may also find it helpful to watch a YouTube video at [www.youtube.com/watch?v=ghATYSHBSAO](http://www.youtube.com/watch?v=ghATYSHBSAO). (Please note that the last character in the YouTube URL is a **zero**, not the letter O.)

## Questions?

Your questions are important. Please call if you have questions or concerns about your patency capsule test.

Weekdays between 8 a.m. and 5 p.m., call the Digestive Disease Center, 206.598.4377.

After hours and on holidays and weekends, call the Community Care Line at Harborview Medical Center, 206.744.2500.