



# PRELIMINARY INDICATIONS

## EXHALED AIR TEST

Food intolerances

Bacterial overgrowth (SIBO)

This is a non-invasive test that allows, from exhaled air, to determine the amount of hydrogen formed by the intestinal flora due to the previous ingestion of some sugar (lactose, glucose, sorbitol, sucrose, fructose, etc.).

- This test lasts **2-3 hours**.
- If you are diabetic, you should consult your doctor beforehand to check whether you can take the test.
- If you are taking chronic medication, you should include the package insert for that medication in the kit.
- Please read the following pre-test instructions carefully before taking the test.

### Pre-test indications:

1. You may not perform the test if you have had a colonoscopy or bowel cleansing preparation during the 4 weeks prior to the test.
2. You must not take antibiotics (30 days), probiotics (15 days), or Prokinetics (7 days) prior to the test.
3. You must follow a sugar and starch free diet 16-24 hours prior to the test. This includes no chewing gum or candy.
4. No smoking on the day of the test and before the test.
5. No strenuous physical exercise for 6 hours before or during the test (it is recommended that you remain seated during the test).
6. You must fast for a total of 12-14 hours (you may not drink water either).
7. Before taking the test, you should not brush your teeth or use toothpaste or mouthwash.



## DIETARY GUIDELINES PRIOR TO THE TEST

You must follow a **carbohydrate-free diet for 24 hours before** the test.  
In addition to following a **sugar and starch free diet 16-24h before** the test.

### YOU CAN EAT:

- Eggs (French omelette, hard-boiled egg, fried egg).
- White rice (without garlic, onion, or tomato sauce).
- Unprocessed cold meats (Serrano or Iberian ham).
- Meat (chicken, turkey or steak) or fish (white or blue).
- Water, tea, or infusions; all without sugar or sweeteners.

### YOU CANNOT EAT:

- Milk and dairy products (yoghurts, cheeses, butter, etc.).
- Cereals, bread, biscuits, and pastries.
- Jams.
- Legumes, potatoes, vegetables.
- Fruit and fruit juices.
- Soft drinks.
- Processed sausages (sweet ham, turkey, mortadella, Catalan sausage “fuet”, chorizo, etc.).
- Dried fruit and nuts.
- White or brown sugar or sweeteners.
- Sweets, chewing gum or sweets.
- Rice.

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### EXAMPLE OF DIET:

#### Breakfast:

- Omelette with 2 eggs or 2 egg whites and yolk + 2-3 slices of Serrano ham.
- Tea, herbal tea or water without sugar or sweetener.

#### Lunch/dinner:

- White rice (unseasoned) only with olive oil or aromatic herbs.
- Meat (chicken, turkey, rabbit, or steak) or fish (white or blue).
- Tea, herbal tea or water without sugar or sweetener.