



BREATH SAMPLE COLLECTION INSTRUCTIONS

WHAT'S IN YOUR KIT?

1. **One requisition form** to be completed and returned with your kit
2. **One pre-paid shipping label** for returning the kit
3. **Nine breath collection bags** with white valves and red seals
4. **One mouthpiece** that attaches to the valves on the bags
5. **Nine sticker labels** for you to fill out and attach to the bags
6. **One biohazard bag** for the safe return of your breath samples



REMEMBER TO PICK UP YOUR LACTULOSE SYRUP

The trio-smart™ breath test requires that you drink lactulose syrup before collecting your second breath sample. Please ensure that your healthcare provider provides you with a prescription for 10gm/15ml of lactulose syrup. Please obtain your dose of lactulose syrup prior to starting the breath sample collection process.

PREPARING FOR YOUR BREATH TEST

The North American Consensus on Breath Testing for GI Disorders recommends the following for preparation before breath testing:

If tolerated by the patient, **promotility drugs and laxatives should be stopped** at least 1 week prior to breath testing.

Fermentable foods such as **complex carbohydrates should be avoided** on the day prior to breath testing. For further guidance, please consult your healthcare provider.

The **fasting period** for breath testing as part of preparation should be **8–12 hours**.

Smoking should be avoided on the day of breath testing.

Physical activity should be limited during breath testing.

Instructions continue on back.





HERE'S HOW TO COLLECT YOUR BREATH SAMPLE

- 1 Fill out a sticker label and apply it to a bag.**
On your first sticker, label Sample Number: "1". Label subsequent sample numbers according to the order in which you collect your breath samples (e.g., "2", "3"... "9"). Record the time and date of collection on all samples.
- 2 Attach the mouthpiece to your bag and open the cap.**
Remove the red seal from the valve and set it aside for later use. Attach the mouthpiece to the end of the valve until it fits snugly. The small hole on the mouthpiece should be facing up. Turn the cap on the valve counterclockwise until it is fully in the "OPEN" position.
- 3 Collect your breath sample.**
Take a deep breath and exhale normally into the mouthpiece. After two seconds, cover the hole on the top of the mouthpiece with a finger and continue exhaling. **Exhale only once per each sample collection.**
- 4 Remove the mouthpiece, close the cap and seal the valve.**
Turn the cap clockwise until it is fully in the "CLOSED" position. Remove the mouthpiece from the valve and **place the red seal over the valve.**
- 5 Drink the lactulose syrup. Wait 15 minutes.**
Prior to collecting your second sample, drink the required dosage (10gm/15ml) of lactulose syrup. Wait 15 minutes before collecting your next sample.
- 6 Repeat steps 1 - 4, waiting 15 minutes between each collection.**
Complete breath collection for all nine bags. Make sure to **wait 15 minutes** between each sample collection.
- 7 Pack your breath samples and ship your sample collection kit.**
Place all filled bags into the provided biohazard bag. Seal the biohazard bag and place it, along with your requisition form and copies of your insurance card, inside of the box. Close the box with packing tape and place the pre-paid return shipping label over the original shipping label. Drop the kit off at any FedEx drop-off location (www.local.fedex.com) **no later than 24 hours after sample collection.**

Questions?

support@triosmartbreath.com
(855) 888-1230