



# INSTRUCTIONS FOR SAMPLING TAKING

## EXHALED AIR TEST

Food intolerances

Bacterial overgrowth (SIBO)

**To perform the exhaled air test, you must first follow the preliminary instructions that you will find inside the kit.** If you have already done the preparation and followed all the previous instructions, you can start the exhaled air test. You should do this in the following order:

1. Familiarise yourself with the components of the kit:
  - There are 8 tubes for collecting exhaled air. Each is labelled with the corresponding puff time.
  - The food preparation to be tested.
  - A small tube to blow into the tubes.
  - A form to be filled in with your details and any symptoms you may have during the test.
2. Prepare the solution with the powders from the kit. Fill the bottle with water up to the arrow on the label and shake the preparation.
3. Before taking the solution, take the green tube labelled BASAL. Open the tube (screw cap), insert the tube into the tube and blow into the tube until the tube is filled.
4. Drink the solution you prepared earlier. It should be swallowed within 2 minutes.
5. Count 25 minutes from the time you have finished the solution and blow into the second tube.
6. Count 25 minutes again and blow into the third tube, and so on.
  - Do not forget to write down symptoms on the form if you experience them during the test.
  - Remember that if you are taking chronic medication, you should include the package insert in the kit.
  - Once the test has been completed, you should store the kit at room temperature, in a place free of humidity and out of direct sunlight.
  - You must return the test kit to the Cerba centre on the same day or the day after the test has been carried out.