



trio  smart<sup>®</sup>  
SAMPLE COLLECTION INSTRUCTIONS

WATCH THE SAMPLE COLLECTION  
INSTRUCTIONS VIDEO

[triosmartbreath.com/instructions](https://triosmartbreath.com/instructions)



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# WELCOME TO **trio** **smart**®

The **trio-smart** breath test measures the levels of hydrogen, methane, and hydrogen sulfide in a patient's breath to determine if any are elevated abnormally.

## GET THE MOST COMPLETE PICTURE

### HYDROGEN

Indicative of: SIBO  
**Small Intestinal Bacterial  
Overgrowth**

Predicts:  
**Bloating and Diarrhea**

### METHANE

Indicative of: IMO  
**Intestinal Methanogenic  
Overgrowth**

Predicts:  
**Constipation**

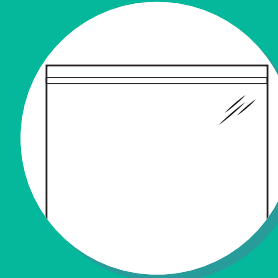
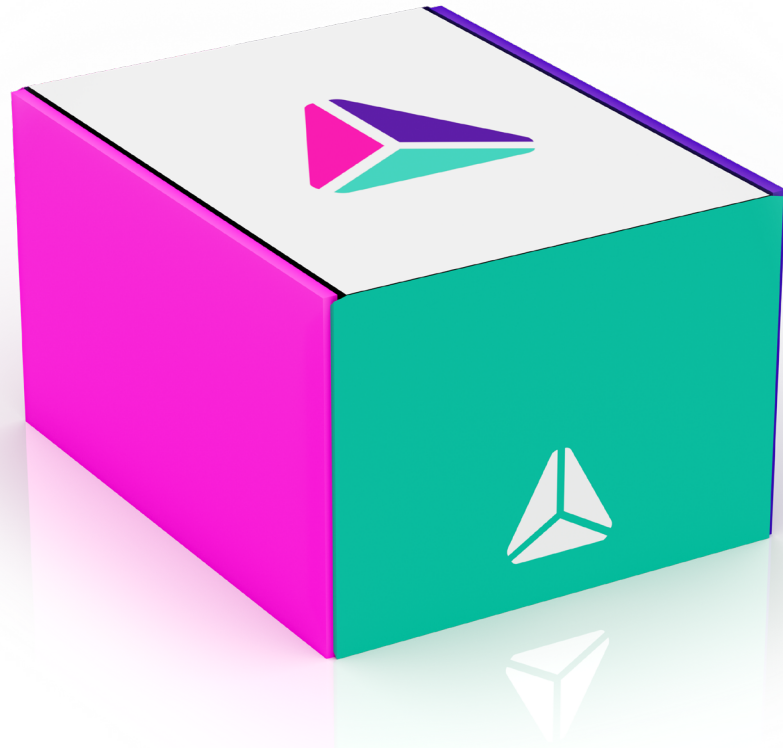


### HYDROGEN SULFIDE

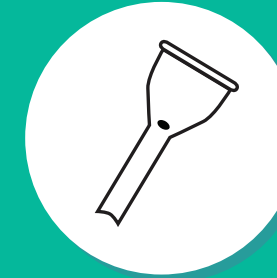
Indicative of:  
**Excess Hydrogen Sulfide**

Predicts:  
**More Severe Diarrhea**

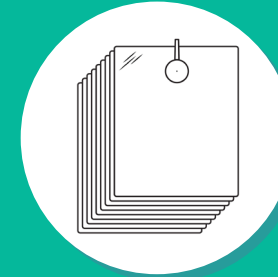
## WHAT'S IN YOUR KIT?



**One plastic bag**  
for the safe return  
of your breath  
samples



**One mouthpiece**  
that attaches to  
the valves on the  
bags



**Nine breath  
collection bags**  
with white valves



**One requisition form**  
to be completed  
and returned  
with your kit



**Nine sticker labels**  
for you to fill out  
and attach  
to the bags



**One pre-paid  
shipping label**  
for returning  
the kit

## COLLECT YOUR SUGAR SUBSTRATE DRINK

Your doctor has selected the type of substrate drink for you to consume during sample collection.



You may have received **a signed prescription form for lactulose** in your trio-smart kit, or your doctor may have sent the prescription directly to your pharmacist. Please fill the prescription prior to taking the test. You are required to drink a single dose of 10gm of lactulose in a 15ml solution (approximately 1 tablespoon) with or followed by one cup (8oz) of water **after collecting your first sample**. Discard any excess solution.

**If you received a bottle of glucose** in your kit, please continue to the next step. You are required to drink the full dose of 75gm of glucose solution **after collecting your first sample**.

## PREPARE FOR YOUR SAMPLE COLLECTION

The North American Consensus on Breath Testing for GI Disorders recommends the following preparation before sample collection.



If you are taking **antibiotics**, please consult with your provider.

▶ Your provider may want you to avoid antibiotics for a period of time prior to sample collection.



If tolerated, **promotility drugs and laxatives should be stopped** at least 7 days prior to sample collection.



**A restricted diet** should be followed on the day prior to sample collection.

▶ During this time period, restrict your diet to only meat (poultry, fish, beef or pork), tofu, eggs, potatoes and white rice, limiting your seasonings to oil, salt and pepper. In addition to water, drink only coffee or tea without any additives. This diet has been specially designed to ensure the accuracy of your test results. **Do not eat or drink anything other than the items listed here. No fruits or vegetables the day before the test.**



A **fasting period of 8–12 hours** should be observed prior to sample collection.

▶ Do not eat or drink during sample collection, except for 1 cup of water with lactulose (if prescribed). If needed, you may have a few additional sips of water.

## COMPLETE YOUR REQUISITION FORM

- 1 If you pre-paid for trio-smart, skip to the next page. Otherwise, confirm that the **patient's insurance information**, including the requested **policy holder information** portions of the enclosed requisition form, are complete and accurate.
- 2 Please attach **copies of the front and back of your insurance card**. If you prefer, you can email images of your card to [support@triosmartbreath.com](mailto:support@triosmartbreath.com).
- 3 **Sign and date** the requisition form on the line marked **Patient Signature**.



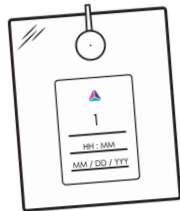
Remember to enclose the requisition form and copies of your insurance card with your samples when shipping them to the lab.

## COLLECT YOUR BREATH SAMPLES

## STEP 1: PREPARE AND APPLY THE STICKER LABEL.

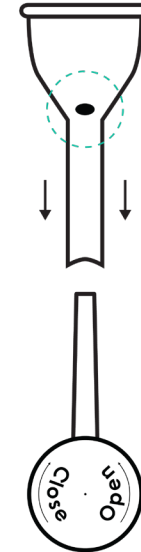


Complete a sticker label with your **sample number** (1, 2, 3, etc.), **sample collection time**, **date of collection**, **name**, and **date of birth**.



Attach the label to a deflated sample collection bag.

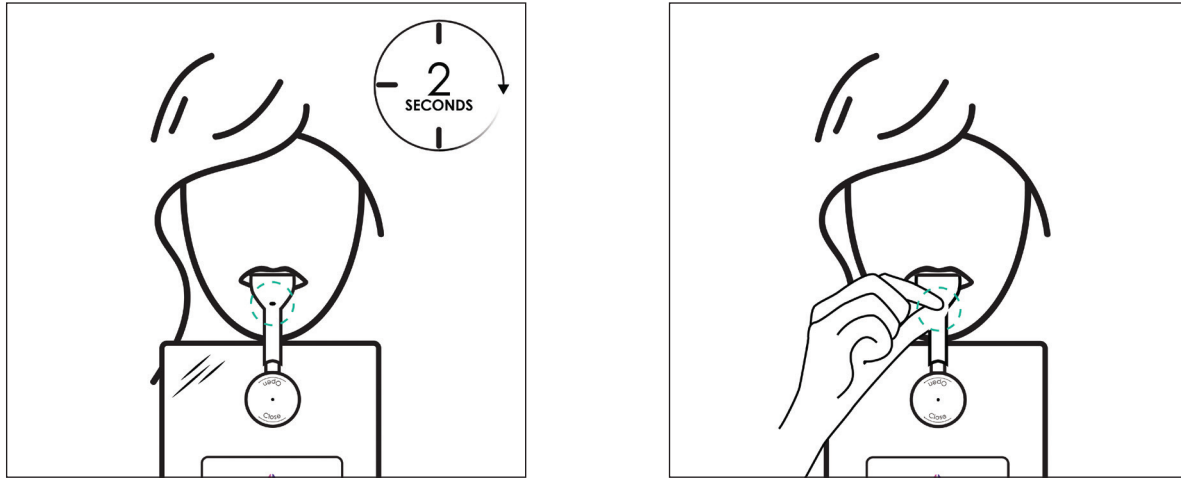
## STEP 2: ATTACH THE MOUTHPIECE AND OPEN THE VALVE.



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.

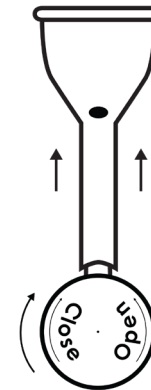
### STEP 3: COLLECT YOUR BREATH SAMPLE.



Take a deep breath and **exhale continuously** into the mouthpiece. Air will escape from the hole on the top of the mouthpiece. **After two seconds**, while continuing to exhale, **cover the hole** with your finger. The bag will then inflate.

► Only exhale **once** into each collection bag.

### STEP 4: CLOSE THE VALVE AND REMOVE THE MOUTHPIECE.

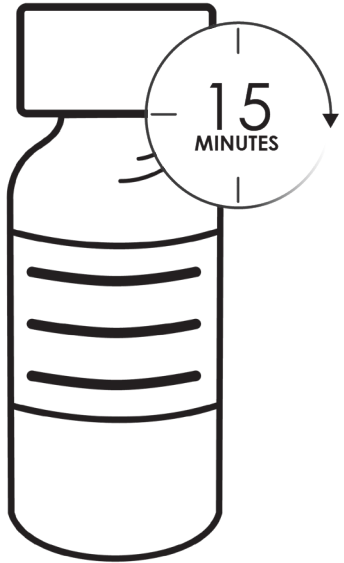


Close the cap by turning it **clockwise** until it is fully in the **“Closed”** position.

Remove the mouthpiece from the valve.



## STEP 5: CONSUME THE SUGAR SUBSTRATE DRINK AND WAIT 15 MINUTES.



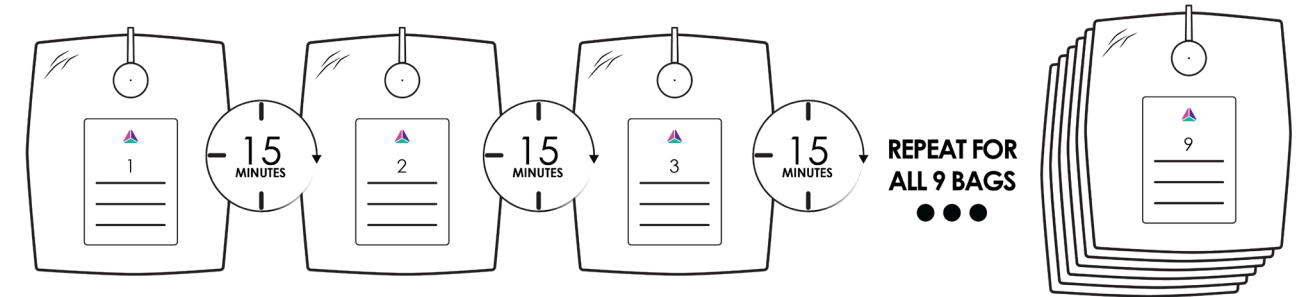
**After collecting your first breath sample**, please drink your prescribed sugar substrate drink (lactulose or glucose). Only drink the substrate after the first sample. **Wait 15 minutes** before collecting your next sample.

▶ If prescribed lactulose, please drink **a single dose** of 10gm of lactulose in a 15ml solution (approximately 1 tablespoon) with or followed by one cup (8oz) of water. Discard any excess solution.

▶ If prescribed glucose, please drink the full 75gm dose of glucose solution provided in your kit.

## STEP 6: COLLECT YOUR REMAINING SAMPLES.

**Repeat steps 1–4** for each remaining bag to collect eight more breath samples. Remember to **wait 15 minutes** between the collection of each breath sample.



▶ Confirm that each label is completed with the **time of collection** and is properly applied to each bag.

## SHIP YOUR BREATH SAMPLES FOR TESTING



Place all filled sample collection bags into the provided plastic bag and seal it tightly.



Place the plastic bag, along with your signed requisition form and copies of your insurance card, inside of the trio-smart box.



Place the pre-paid return shipping label over the original shipping label, and close the box with packing tape.



Drop your kit off at the appropriate shipping facility, **as listed on your shipping label**, within 24 hours (or the next business day if performing the test over the weekend).

- ▶ Results will be available to your provider within **7 business days** after your sample is received.
- ▶ Please keep your tracking number if you would like to track the shipping progress of your kit.

## QUESTIONS? COMMENTS? FEEDBACK?

### Website:

[triosmartbreath.com](https://triosmartbreath.com)

### Email:

[support@triosmartbreath.com](mailto:support@triosmartbreath.com)

### Phone:

(855) 888-1230

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