

How to prepare for your breath test

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

 Consult with your provider before testing if you have any questions



ANTIBIOTICS: Avoid up to 4 weeks prior to testing



LAXATIVES: If tolerated, laxatives should be stopped at least 7 days prior to sample collection (includes pro-motility drugs & supplements)



24HR RESTRICTED DIET: Restrict your diet to the following foods only the day before testing:

- Poultry
- Beef
- Pork
- Eggs
- Tofu
- Potatoes
- White rice

- Only acceptable seasonings:
 - Salt, pepper, any kind of oil
- Only acceptable drinks:
 - Water, black coffee and tea (No milk/cream/sweeteners)
- No fruits or vegetables

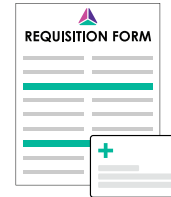


FASTING: Avoid all food and drink for 8-12 hours prior to testing, except for sips of water.



COLLECT LACTULOSE NOW (IF APPLICABLE): If you received a lactulose prescription, fill the prescription the day prior to testing.

How to submit your insurance & requisition form



Sign, date and add your insurance policy information to your requisition form/lab order and attach copies of the front and back of your insurance card. If preferred, email images of your card to: support@triosmartbreath.com.

If you already paid for Trio-Smart by ordering directly online, you will receive an **itemized superbill with your results** for you to file a claim with your insurance, if you choose to.

It is likely you will receive a written summary, called an Explanation of Benefits (EOB), from your health insurance plan that will explain how your benefits were applied to the cost of the test, including any deductible, copayment, or coinsurance responsibility you may have.

Note: The laboratory may be deemed "out of network".

You may receive a billing statement (via text or email) from the laboratory based on how your health insurance plan processed the claim for Trio-Smart. If you receive a billing statement and have any questions or want to arrange for a payment plan, please reach out to the billing department phone number provided on your statement.

Please do not contact your healthcare provider's office regarding this statement.

Patients covered by Medicare or Medicaid programs, including Medicare Advantage plans, will only be responsible for their deductibles, copayments, or coinsurance if applicable as indicated on the Explanation of Benefits.

Trio-Smart is a **specialty 3-gas breath test exclusively offered by Gemelli Biotech**. This test is NOT offered by LabCorp, Quest, or any other laboratory.



trio smart®

THE **ONLY** 3-GAS BREATH TEST
FOR SIBO, IMO, AND ISO



TEST PREPARATION



**SAMPLE COLLECTION &
RETURN INSTRUCTIONS**



INSURANCE & BILLING

triosmartbreath.com

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 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



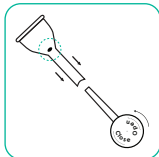
One pre-paid shipping label for returning the kit

How to collect your samples

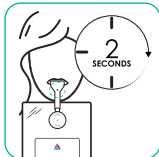
Follow along with the instructional video & booklet



STEP 1: Complete and apply the sticker to the deflated bag.



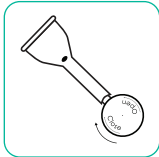
STEP 2: Attach the mouthpiece with the small hole facing upwards and open the valve by turning the cap counterclockwise.



STEP 3: 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.



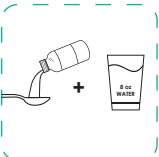
▶ Only exhale **once** into the bag.



STEP 4: Close the valve and remove the mouthpiece.



STEP 5: Drink the full substrate (glucose or lactulose) dose only **after your first baseline breath sample** and **wait 15 minutes** before moving to step 6.

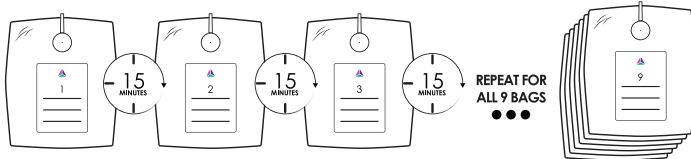


Lactulose Dose (rx needed): 10 gm in a 15 ml solution (approx. 1 tablespoon) with or followed by 8 oz. of water. Discard any excess solution.



Glucose Dose: 75 gm powdered glucose mixed with 10 oz. of water. Mix until powder is dissolved.

STEP 6: Collect your remaining 8 samples by repeating steps 1-4, waiting 15 minutes between each collection.



Ship your samples



1: Place all inflated, labeled bags in the plastic bag provided and include your signed requisition/lab order and copies of your insurance card, inside the Trio-Smart box.

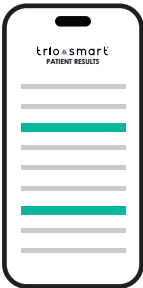


2: Place the pre-paid shipping label over the original label and close the box with tape.



3: Drop your kit off at the facility listed on your shipping label within 24 hours or the next business day if collecting samples over a weekend.

Your Trio-Smart results



Results will be available to your provider within 7 business days from when your sample is received.

If you ordered through the Trio-Smart online prescriber, your results will be available in your email inbox directly.

Trio-Smart is Trusted by Over 200,000 Patients & Physicians

Why did you get this kit?

Your doctor has requested that you complete a breath test to better understand your GI symptoms. Trio-Smart is a doctor-ordered mail-in breath test that measures the three primary gases in the gut microbiome: hydrogen, methane, and hydrogen sulfide. Abnormal levels of these gases can indicate treatable gastrointestinal conditions like small intestinal bacterial overgrowth (**SIBO**), intestinal methanogen overgrowth (**IMO**), and intestinal sulfide overproduction (**ISO**).

Contact us

support@triosmartbreath.com | (855) 888-1230