



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

WATCH THE SAMPLE COLLECTION  
INSTRUCTIONS VIDEO

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



## TABLE OF CONTENTS

WHAT'S IN YOUR KIT .....	3
COLLECT YOUR SUGAR SUBSTRATE DRINK .....	5
PREPARE FOR YOUR SAMPLE COLLECTION .....	6
COMPLETE YOUR REQUISITION FORM .....	7
COLLECT YOUR BREATH SAMPLES .....	8
SHIP YOUR SAMPLES FOR TESTING .....	15
CONTACT INFORMATION .....	16

# WELCOME TO **trio** **smart**®

The **trio-smart** breath test measures the levels of hydrogen, methane, and hydrogen sulfide in a patient's breath after the consumption of a sugar substrate drink.

## THE COMPLETE FERMENTED GAS PROFILE OF THE MICROBIOME

### HYDROGEN

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

Correlated with:  
**No correlation with symptoms**

### METHANE

Indicative of:  
**Intestinal Methanogenic  
Overgrowth (IMO)**

Correlated with:  
**Constipation**



### HYDROGEN SULFIDE

Indicative of:  
**Excess Hydrogen Sulfide**

Correlated with:  
**Diarrhea**

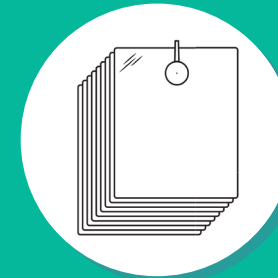
## WHAT'S IN YOUR KIT?



**One biohazard 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 lactulose prescription** 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 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 tolerated by the patient, **promotility drugs and laxatives should be stopped** at least 7 days prior to sample collection.



Fermentable foods such as **complex carbohydrates should be avoided** 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 dairy. Unless authorized by your healthcare provider, **do not eat or drink anything other than the items listed here**.



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

▶ Do not eat during sample collection.

## COMPLETE YOUR REQUISITION FORM

- 1 Make sure the **Patient Information** and **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**.



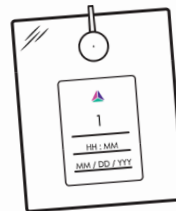
Remember to enclose the requisition form and copies of your insurance card with your samples when shipping them to the lab.

## COLLECT YOUR BREATH SAMPLES

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

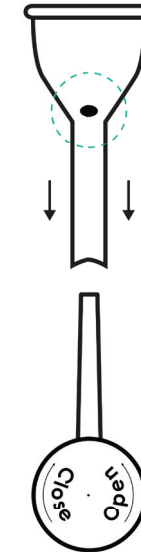


Complete a sticker label with your **sample number** (1, 2, 3, etc.), **sample collection time**, **date of collection**, **name**, and **date of birth**.



Attach the label to a deflated sample collection bag.

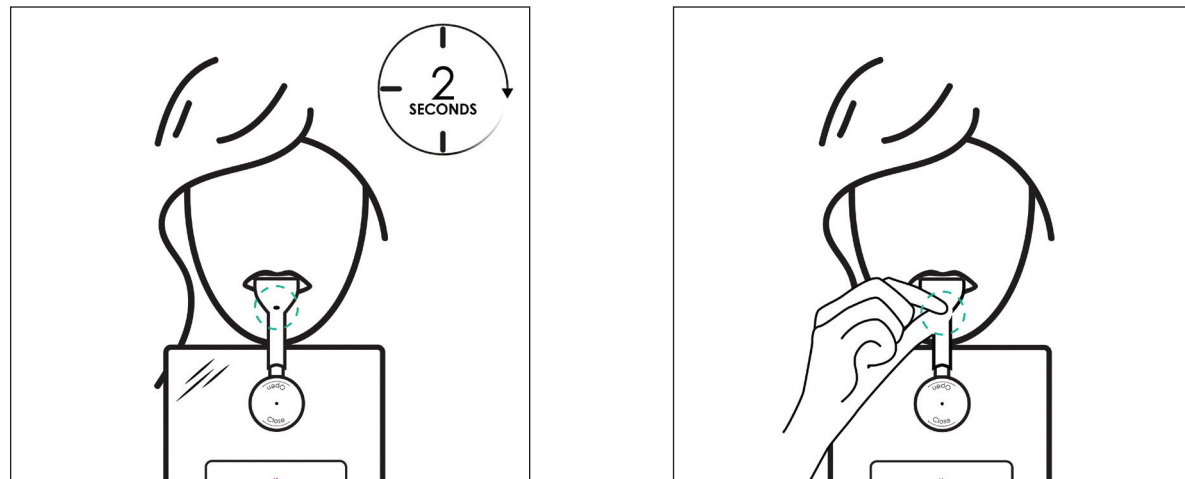
## STEP 2: ATTACH THE MOUTHPIECE AND OPEN THE VALVE.



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.

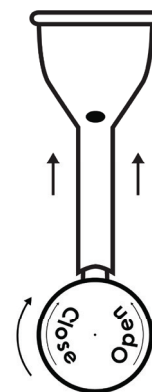
### STEP 3: COLLECT YOUR BREATH SAMPLE.



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.

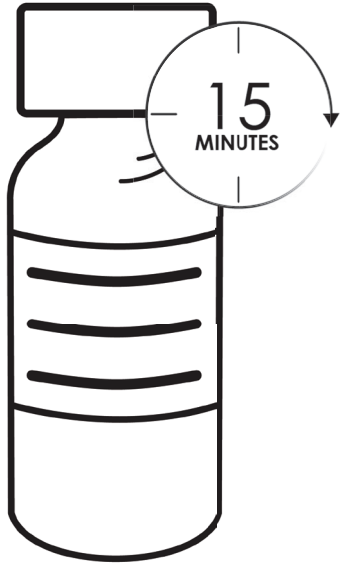


Close the cap by turning it **clockwise** until it is fully in the **“Closed”** position.

Remove the mouthpiece from the valve.



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

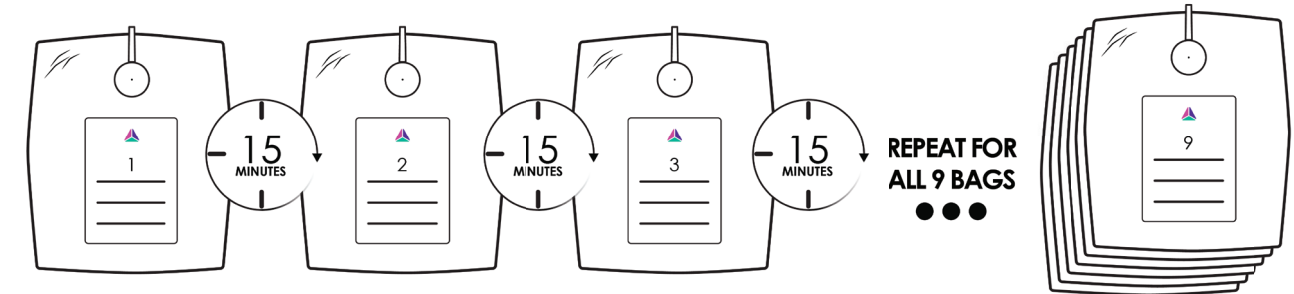


**After collecting your first breath sample**, please drink your prescribed sugar substrate drink (lactulose or glucose). **Wait 15 minutes** before collecting your next sample.

- ▶ 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 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.

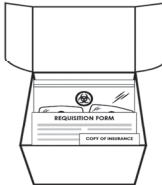


- ▶ Confirm that each label is completed with the **time of collection** and is properly applied to each bag.

## SHIP YOUR BREATH SAMPLES FOR TESTING



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



Place the biohazard 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 the kit off at any UPS drop-off location ([ups.com/dropoff](https://www.ups.com/dropoff)) on any day of the week, no later than 24 hours after sample collection.

## QUESTIONS? COMMENTS? FEEDBACK?

### Website:

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

### Email:

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

### Phone:

(855) 888-1230

---

trio  smart<sup>®</sup>

