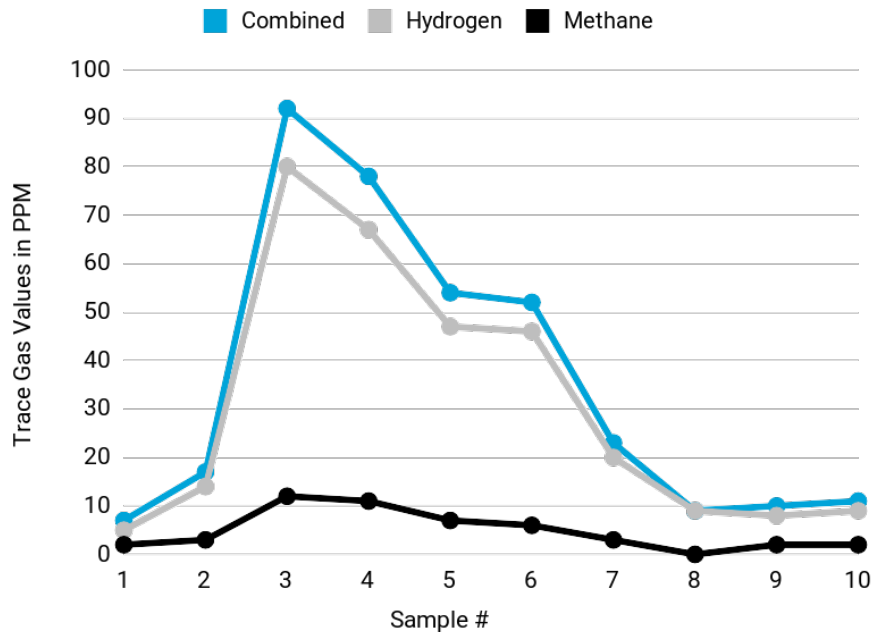


Patient First Name:	Penny	Patient Last Name	Waddell-Wood
Patient DOB:	8-Jul-1987	Patient Gender	Female
Practitioner Name:	No Practitioner	Type of Test Performed:	Fructose
Date Samples Collected:	28-Dec-21	Date of Analysis:	31-Dec-21

Data



#	Sample	ppm H ₂ (Hydrogen)	ppm CH ₄ (Methane)	Combined	CO ₂ %
1	Baseline	5	2	7	3.4
2	20 min	14	3	17	3.9
3	40 min	80	12	92	4.1
4	60 min	67	11	78	3.6
5	80 min	47	7	54	3.9
6	100 min	46	6	52	3.6
7	120 min	20	3	23	3.9
8	140 min	9	0	9	3.6
9	160 min	8	2	10	3.5
10	180 min	9	2	11	3.2

Interpretation	Reference Ranges	Your Test Results
Fructose Malabsorption Suspected – Elevated Hydrogen	Increases of hydrogen greater than 20ppm over the lowest preceding value within the first 100 minutes are indicative of fructose malabsorption. Levels between 100-120 minutes are considered borderline. See additional interpretation	POSITIVE
Fructose Malabsorption Suspected – Elevated Methane	Increases of methane greater than 12ppm over the lowest preceding value within the first 100 minutes are indicative of fructose malabsorption. Levels between 100-120 minutes are considered borderline. See additional interpretation	BORDERLINE
Fructose Malabsorption Suspected – Elevated Combined hydrogen & methane gasses	Increases of combined hydrogen and methane gas values greater than 15ppm over the lowest preceding value within the first 100 minutes are indicative of fructose malabsorption. Levels between 100-120 minutes are considered borderline. See additional interpretation	POSITIVE

Hydrogen (H₂) and Methane (CH₄) values corrections are based on CO₂ content in the samples. CO₂ is not used for diagnosis, only for quality assurance of samples. *Correction is based on contamination with room air or bronchial deadspace air, typically good samples are around 5.5% CO₂. Poor samples are typically below 1.5%. If a sample is considered "poor" the charted result cannot be determined accurately due to contamination of the sample. This does not mean the test is inconclusive in all cases.

Notes

Patient reported no improvement of symptoms while on the preparation diet

Patient reported symptoms of bloating and constipation during testing

Additional Information and Interpretation

- Hydrogen Baseline Reading - should read below 10 ppm if performing a the Methane Spot Retest and disregarded if performing the Constipation Breath Test.
- Methane Spot Retest - Methane levels are considered in relation to the previous Lactulose breath test baseline reading to monitor treatment efficacy.
- Constipation Breath Test - Methane is high if reading is >10 ppm.

References:

1. Rezaie A, Buresi M, Lembo A, Lin H, McCallum R, Rao S, et al. Hydrogen and methane-based breath testing in gastrointestinal disorders: The North American Consensus. The American Journal of Gastroenterology. 2017;112(5):775.
2. Triantafyllou K, Chang C, Pimentel M. Methanogens, methane and gastrointestinal motility. J Neurogastroenterol Motil. 2014;20(1):31-40.