

**MICHAEL SCHMIDT, MD
PHILIP MICALÉ, MD
ADAM PALANCE, MD
VINCENT RIGOGLIOSO, MD
JUDY LIN, MD**

1086 Teaneck Road, Suite 4C, Teaneck, NJ 07666
201-837-9449

BACTERIAL OVERGROWTH TEST (SIBO)

Patient: _____

Date and Time of appointment: _____

Do not eat any slow digesting foods such as beans, bran or fiber cereals the day before your test.

You should arrive **FASTING** for the test with **NOTHING TO EAT OR DRINK** for twelve (12) hours prior to your test.

You should **NOT Smoke, Sleep or Exercise vigorously for at least ½ hour prior to the time of your test.**

IF YOU HAVE HAD ANY RECENT ANTIBIOTIC THERAPY OR RECENT OR CURRENT DIARRHEA, PLEASE MAKE THE PHYSICIAN AWARE as these things can affect the test results.

If you have any questions, please feel free to contact the office at 201-837-9449.