

trio-smart malabsorption test Preparation Guide: Eating, Drinking, Medications, and Recommended Timing

WHAT IS THE trio-smart malabsorption test?

Your doctor has requested that you complete a breath test to better understand your GI symptoms. The trio-smart malabsorption test is a doctor-ordered mail-in breath test that measures hydrogen gas in the gut microbiome. Abnormal levels of hydrogen gas can indicate gastrointestinal conditions like lactose, fructose or sucrose malabsorption.

PREPARING TO COLLECT YOUR trio-smart malabsorption test SAMPLES

- If you are taking antibiotics, please consult with your Health Care Provider. They may want you to avoid antibiotics up to 4 weeks prior to collecting your samples per the recommendation of the North American Consensus on Breath Testing for GI Disorders.
- Stop taking anything that helps you make a bowel movement 7 days before collecting your samples if tolerated.
 - This includes promotility drugs, laxatives, and herbal supplements.
 - It is not necessary to stop proton pump inhibitors.
- You will not have to complete anything else until 24 hours before starting your trio-smart malabsorption test sample collection process.
- Please follow the special diet detailed below the entire day prior to testing. This will ensure the accuracy of the test.

Eat and drink ONLY the following items; do not make any exceptions.

- Meat (Chicken, fish, beef, pork, eggs)
- Tofu
- Potatoes
- White rice
- Only acceptable seasonings:
 - Salt, pepper, any kind of oil

- Water
- Black coffee and tea
 - If you are drinking coffee or tea, do not add any milk, sugar, sweeteners, creamers, or any other additives.

- **Fast for 8-12 hours prior to your sample collection.** Fasting overnight while you sleep and testing in the morning is the simplest and most convenient way to fast prior to collecting your sample.
- During the fasting period, you should not consume any food or drink except for water.
- You may brush your teeth and use mouthwash as you normally would during the fasting period but do not swallow.

TO SUMMARIZE: We recommend starting your 24-hour preparation in the **morning**, following the **diet during the day**, and completing the **8 to 12-hour fasting period** while you **sleep**. This will leave you prepared and ready to collect your sample the following morning!

trio-smart malabsorption test BILLING AND INSURANCE

If you did not prepay, the cost of trio-smart malabsorption test will be billed to your health insurance plan.

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. If you prepaid for trio-smart malabsorption test, you will receive an itemized bill with your results for you to file a claim with your insurance.

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" by your health insurance plan.

You may receive a billing statement (via text or email) from the laboratory based on how your health insurance plan processed the claim. 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.

We sincerely appreciate the opportunity to participate in your care.