

# SIBO Testing and Treatment

## SIBO testing:

To order: [sibocenter.com/product/payment](http://sibocenter.com/product/payment) to pay for your kit - ~\$185 out of pocket.

Can call: 503-552-1931 if needed. The kit will be shipped within 3 business days of receipt of payment.

Results should be in within 1 week after submitting the test.

Look at the Frequently Asked Questions page at: [www.sibocenter.com/faqs](http://www.sibocenter.com/faqs) for helpful answers and to watch videos about taking the test.

**Herbal SIBO treatment:** *Can purchase most of these through Fullscript/Wellevate.*

- Allimed: 1 cap 3x day.
- H-PLR: 1 cap 3x day.
- Neem (optional but optimizes the other herbs): 400 mg 3x day.

**SIBO Antibiotic Treatment:** *Contact our medical assistant at [ma@quest-center.org](mailto:ma@quest-center.org) if you would like this prescribed.*

- Rifaximin (prescription): 550 mg 3x day x 14 days - take doses at 8:00 am, 2:00 pm, 8:00 pm.
- Neomycin (prescription): 550 mg 2x day x 14 days - take doses at 8:00 am and 8:00 pm.
- Probiotic (supplement): Siboitica: 1 cap 2x day - OR Align 1 cap 2x day at most pharmacies. *Can purchase through Fullscript.*

## AFTER TREATMENT:

- Low Dose Naltrexone (prokinetic prescription): 2.5 mg at bedtime - 2 hours after eating - start after treatment. Will start with 1.0 mg and increase by 0.5 mg every 2 weeks until you get to 2.5 mg (1.5 mg). *Contact our medical assistant at [ma@quest-center.org](mailto:ma@quest-center.org) if you would like this prescribed or would like more information.*
- GAPS/FODMAPS diet for 2 - 3 months - try to eat out of the first two columns of handout. Try to wait 3 - 4 hours between meals to stimulate the migrating motor complex. Get app at [www.siboinfo.com/apps.html](http://www.siboinfo.com/apps.html)
- SIBO Bi-Phasic Diet cookbooks by Rebecca Coomes- Sign up free for her 10 page handout.