



Nourishing
Therapies

DO YOU
HAVE
Sibo?

Take the quiz to
find out if you
should get tested.

[NOURISHINGTHERAPIES.COM.AU](https://nourishingtherapies.com.au)

DO YOU HAVE SIBO?

These questions can help you understand if you might have SIBO.

1. Do you have any of these **digestive symptoms**?

- Diarrhoea / loose bowel movement
- Constipation
- Alternating diarrhoea and constipation
- Abdominal cramping
- Bloating and/or wind (very common symptoms)
- Burping and Acid reflux
- You have been diagnosed with IBS

2. Did your symptoms develop after having gastro-enteritis / **food poisoning**, or have you been diagnosed with post-infectious IBS?

- Yes
- No

3. Did your symptoms develop or get worse after taking **pain medications** (opiates)

- Yes
- No



4. Do you currently take or have you taken **acid-blocking drugs** like PPI for more than 1 month (for acid reflux)?

Yes

No

5. Do you have **fatty stools** (stools that float or stains the toilet)?

Yes

No

6. Have you noticed that **fibre, grains or starchy carbs** (such as potatoes) worsens your constipation?

Yes

No



7. Have you ever noticed an improvement in your IBS / gut symptoms after a course of antibiotics (but the symptoms returned shortly after)?

Yes

No



8. Do you feel **more gas and bloating** when you take prebiotics (such as inulin, FOS) or eat food high in FODMAPs or prebiotics, such as onions, garlic, cauliflower, apples, avocado?

Yes

No



9. Do you have an **auto-immune disease**, such as Hashimoto's, Rheumatoid arthritis, Celiac disease, etc?

Yes

No

10. Do you have **leaky gut**?

Yes

No

11. Do you have **histamine intolerance**, or do you get itchy eyes or skin, runny nose, unexplained headaches or body swelling?

Yes

No



12. Have you had **abdominal surgery**?

Yes

No



13. Are you **hyper-mobile** or have Ehlers Danlos Syndrome??

Yes

No



14. Have you had **Traumatic Brain Injury** (TBI)?

Yes

No



WHAT DO YOUR ANSWERS MEAN?

Most people with SIBO have gut symptoms (see question 1), gas and bloating being the most common.

If you have any gut symptoms and answered yes to 1 or 2 questions above, you might have SIBO and should consider getting tested.

The more 'yes', the higher your risk of having SIBO.

GETTING TESTED:

Australia: you can order a lactulose breath test (SIBO Basic) at www.sibotest.com

UK: you can order [here](#)

US (except New-York): you can order [here](#)

New-York: you can order [here](#)

Canada: you can order [here](#)

