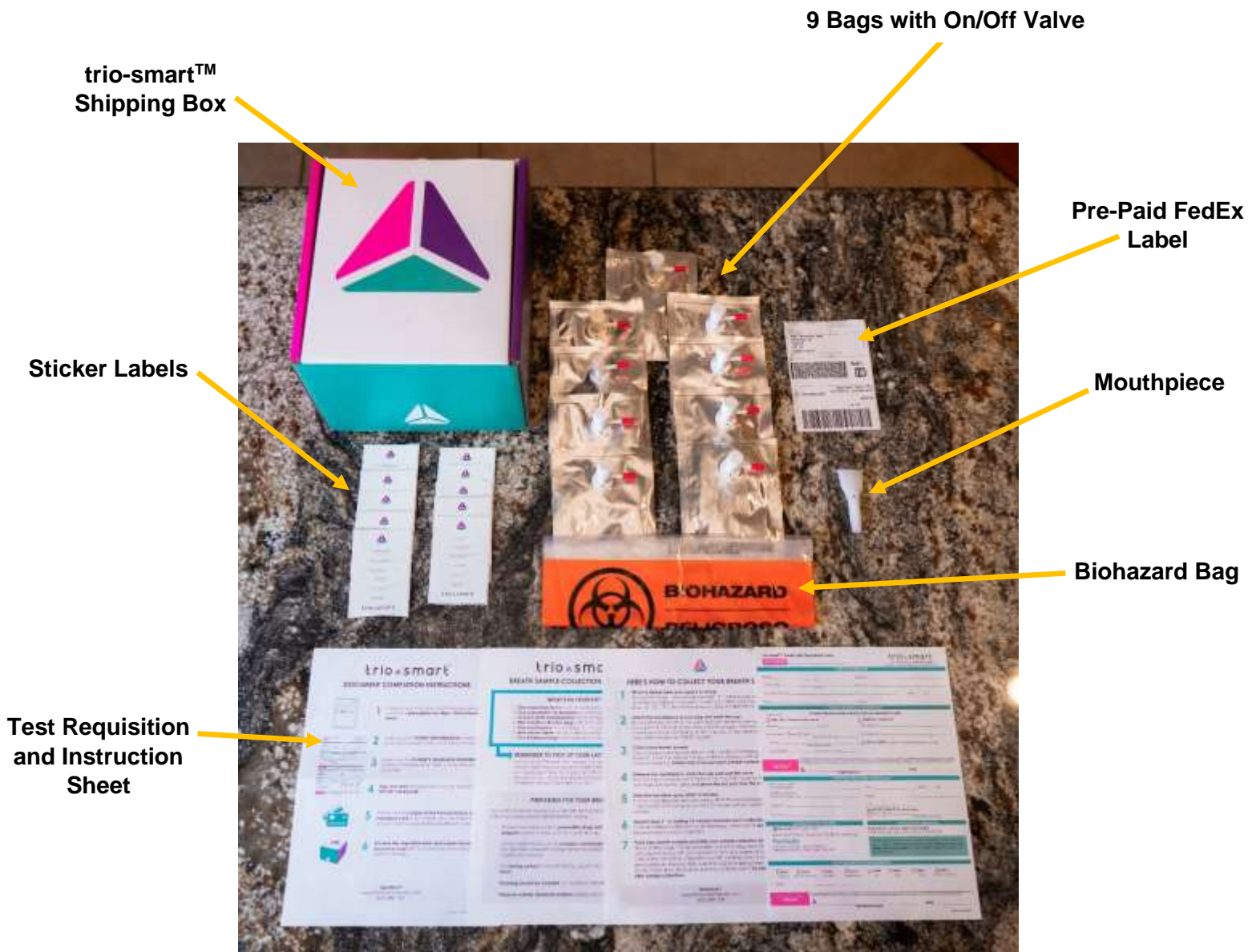


# trio smart™

Hydrogen | Methane | Hydrogen Sulfide

## How To Collect Your Breath Sample



## STEP 1 – Fill out a sticker label and apply it to a foil bag.

- On your first sticker, label *SAMPLE NUMBER*: “1”
- Record the “*TIME AM/PM*” and “*DATE OF COLLECTION*”
- Record “*First and Last Name*” and “*Date of Birth*”
- Label the remaining stickers sequentially (e.g. “2”, “3”, etc.)



## STEP 2 – Attach the mouthpiece to your bag and open the cap.

- Remove the *Red Seal* from the *Valve* and set it aside for later use
- Attach the *Mouthpiece* to the end of the *Valve* until it fits securely.
- The *Small Hole* on the *Mouthpiece* should be facing up.
- Turn the *Cap* on the *Valve Counter-Clockwise* until it is fully in the “**Open**” position

Small Hole on Mouthpiece



### STEP 3 – Collect your breath sample.

- Take a deep breath and exhale normally into the *Mouthpiece*. After **two seconds** of exhaling, cover the *Small Hole* on the *Top* of the *Mouthpiece* with a finger and continue exhaling, completely filling the bag.

***Exhale only once for each breath sample bag.***



### STEP 4 – Remove the mouthpiece, close the cap and seal the valve.

- Turn the *Cap* clockwise until it is fully in the “**Closed**” position. Remove the *Mouthpiece* from the *Valve* and **place the Red Seal over the Valve**

***This sample is now complete.***



**STEP 5 – Drink the lactulose syrup or solution of glucose as ordered by your medical provider. Wait 15 minutes.**

- **Immediately** after the first breath sample, drink the required dosage (10gm/15ml) of lactulose syrup or glucose solution (75gm)
- **Wait** 15 minutes before collecting your second sample

**Lactulose can be mixed with up to 8 ounces of water. Or you can take the lactulose syrup and drink up to 8 ounces of water immediately after.**



**STEP 6 – Repeat Steps 1 – 4 for each breath sample bag, waiting 15 minutes between each collection.**

- Complete breath collection for **ALL 9 bags**. Make sure to **wait 15 minutes between each** Breath Sample Collection

**Don't forget to fill out each sticker label completely and apply it to the bag:**

*Sample Number "2", "3", "4", "5", "6", "7", "8" and "9"*

*Time of Collection (AM/PM)*

*Date of Collection*

*First and Last Name*

*Date of Birth*

## STEP 7 – Pack your breath samples and ship your sample collection kit.

- Place **ALL 9** filled foil bags into the provided *Biohazard Bag*
- Seal the *Biohazard Bag* and place it, along with your **Signed Requisition Form** and **Copies of Your Insurance Card** (if applicable), inside of the box
- Close the box with packing tape and place the *Pre-Paid Return Shipping Label* **OVER** the original shipping label
- Drop the kit off at any FedEx Drop-Off location ([www.local.fedex.com](http://www.local.fedex.com))

**PLEASE SHIP NO LATER THAN 24 HOURS AFTER SAMPLE COLLECTION**

