



## SIBO Questionnaire

SIBO stands for Small Intestinal Bacterial Overgrowth of normal bacteria (they should be in the colon, not the SI). Consider SIBO if you experience any Irritable Bowel Symptoms or any of the conditions listed below. Often, the client's symptoms improve with antibiotics (taken for unrelated infection). Taking fibre worsens constipation. Symptoms worsen with xylitol use. Coeliac clients will not feel better even on a Gluten Free diet. You will find the most telling signs in **BOLD**.

Answer the symptom question and indicate the severity:

0 = never, 1 = seldom, 2 = sometimes, 3 = often, 4 = always

<b>I have bloating/abdominal gas</b>	0	1	2	3	4
<b>I have bloating/burping after meals</b>	0	1	2	3	4
<b>I have abdominal pain, or cramps</b>	0	1	2	3	4
I have constipation (push/strain, hard, dry stool, pellets)	0	1	2	3	4
<b>I have constipation; when I take fiber, my constipation worsens</b>	0	1	2	3	4
<b>I have alternating constipation and diarrhoea</b>	0	1	2	3	4
I developed chronic GI/gut symptoms after taking opiates	0	1	2	3	4
I have diarrhoea	0	1	2	3	4
I have constipation and diarrhea	0	1	2	3	4
<b>I have heartburn/reflux/GORD</b>	0	1	2	3	4
<b>I have nausea or nausea with belching</b>	0	1	2	3	4
<b>I have leaky gut or intestinal permeability</b>	0	1	2	3	4
<b>I have IBS</b>	0	1	2	3	4
I have IBD (Crohn's or ulcerative colitis)	0	1	2	3	4
I have diverticulitis	0	1	2	3	4
I have food sensitivities	0	1	2	3	4
I have lactose intolerance	0	1	2	3	4
I have a dairy sensitivity and/or trouble with dairy	0	1	2	3	4
I have coeliac disease (CD) or gluten sensitivity	0	1	2	3	4
I have CD and am on a gluten free diet and I still don't feel well	0	1	2	3	4
I have gluten-sensitivity, avoid gluten and still don't feel well	0	1	2	3	4
On a CT scan, they couldn't see my pancreas due to a gas bubble	0	1	2	3	4
<b>I have fat in my stool (steatorrhoea) / floating stool</b>	0	1	2	3	4
I have NASH (non-alcoholic steatohepatitis) or fatty liver	0	1	2	3	4
I have liver cirrhosis	0	1	2	3	4
I have fibromyalgia	0	1	2	3	4
I have chronic fatigue syndrome	0	1	2	3	4
I have joint pain	0	1	2	3	4
I have restless leg syndrome	0	1	2	3	4
I have skin issues: eczema, atopic dermatitis, psoriasis	0	1	2	3	4
I have rosacea or acne rosacea	0	1	2	3	4
I have scleroderma or lupus	0	1	2	3	4
I have breathing issues, problems or difficulties	0	1	2	3	4
I have headaches	0	1	2	3	4
I have brain symptoms: brain fog, memory problems	0	1	2	3	4

I have autism	0	1	2	3	4
I have chronic B12 deficiency anemia	0	1	2	3	4
I have chronic iron deficiency anemia	0	1	2	3	4
I have chronic low ferritin with no apparent cause	0	1	2	3	4
I have a chronic vitamin D deficiency	0	1	2	3	4
I have interstitial cystitis	0	1	2	3	4
I have diabetes type I or type II	0	1	2	3	4
I have hypothyroidism	0	1	2	3	4
<b>When I have taken antibiotics I had dramatic, though transient/brief improvement in my GI/gut symptoms</b>	0	1	2	3	4
<b>I can't take probiotics, or when I have taken probiotics with prebiotics (FOS, arabinogalactan) my GI/gut symptoms worsened</b>	0	1	2	3	4
<b>When I take fiber, my GI/gut symptoms worsens</b>	0	1	2	3	4
I had food poisoning or "traveller's diarrhoea" and I've never felt the same since	0	1	2	3	4
I tend to graze/nibble throughout the day rather than eat 3 square meals	0	1	2	3	4
I like to eat starches/grains/carbs and include them in most meals and often as snacks (bread, baked goods, pasta, rice, etc.)	0	1	2	3	4
I currently eat or have a history of eating lots of grains/carbs/starches and feel I don't do well when I eat them	0	1	2	3	4
I used to eat starches/grains/carbs and don't eat them anymore	0	1	2	3	4
I was delivered by cesarean (C-section)	0	1	2	3	4
I was not breast fed as a baby	0	1	2	3	4
My mother (& perhaps grandmother) had same digestive problems as me	0	1	2	3	4
As a child, eating at the dinner table was not a pleasant time or we did not eat at the table (grab & go, eat alone, in front of TV, etc.)	0	1	2	3	4
I was given antibiotics regularly as a child (ear infection, tonsillitis, strep throat, etc)	0	1	2	3	4
I have taken antibiotics often or regularly as an adult	0	1	2	3	4
I have taken oral birth control pills regularly as an adult	0	1	2	3	4
I have experienced periods of severe stress or shock	0	1	2	3	4
I have taken morphine or opiates	0	1	2	3	4
<b>TOTAL</b>					

Scores can vary from 0 to 240.

Make an Appointment with Tess if you have a concern about your Digestive function or that you may possibly be experiencing classic SIBO signs and symptoms.