



# SIBO (SMALL INTESTINAL BACTERIAL OVERGROWTH) QUESTIONNAIRE

## Check all that apply:

1. ☐ Abdominal cramping due to indigestion?
2. ☐ Abdominal bloating or distension?
3. ☐ Abdominal pain that comes and goes, often with eating?
4. ☐ Antibiotic usage in the past 10 years or as a child?
5. ☐ Antibiotic use brings relief of digestive symptoms?
6. ☐ Bad breath not resolved by oral hygiene support?
7. ☐ History of birth control pill usage?
8. ☐ Bowel urgency or occasional accidents?
9. ☐ Brain fog or poor memory?
10. ☐ Bottle fed as an infant?
11. ☐ Burping after meals?
12. ☐ Celiac disease or wheat/gluten sensitivity?
13. ☐ Constipation? Hard, dry stools, pellets, balls?
14. ☐ Dairy products cause constipation or loose stools?
15. ☐ Diarrhea alternating with constipation?
16. ☐ Fiber supplements cause bloating or constipation?
17. ☐ Fibromyalgia or Chronic Fatigue Syndrome?
18. ☐ Frequent gas?
19. ☐ GERD (Gastro-Esophageal Reflux Disorder) or Heartburn?
20. ☐ Hypothyroid?
21. ☐ IBS or Crohn's Disease?
22. ☐ Lactose Intolerance?
23. ☐ Leaky Gut Syndrome?
24. ☐ Use of morphine, opiates or hydrocodone?
25. ☐ Prebiotics cause pain, bloating or cramping?
26. ☐ Skin disorders including eczema, psoriasis, rosacea?
27. ☐ Sugar, starch or bread cravings?
28. ☐ Food poisoning here or abroad?
29. ☐ Ulcerative Colitis?
30. ☐ Vitamin/mineral insufficiencies including: B12, D or Iron?

\_\_\_\_\_ Total number of statements checked.

1-5: General Digestive Support  
6-12: Further investigation  
More than 13: Time to take action!