

# Sucrose Intolerance

Congenital  
Sucrase-Isomaltase  
Deficiency (CSID)

You've taken the first step to identify whether  
**Congenital Sucrase-Isomaltase Deficiency (CSID)**  
may be the cause of your  
Sucrose Intolerance and GI Symptoms.

Here's information for you  
to share with your doctor, including  
a **free breath test\*** order form

Sucrose Intolerance  
is more common than you think!



FOR YOU

# do i have csid?

Take this discussion guide to your doctor or healthcare provider (HCP) so you can review your symptoms and ask the right questions.  
**Ask your HCP to order the free breath test\* that can help diagnose CSID.**

**1.** Have you been diagnosed with any of the following disorders or diseases, but you didn't feel better after treatment?

- Lactose Intolerance
- Irritable Bowel Syndrome (IBS)
- Celiac Disease
- Small Intestinal Bacterial Overgrowth (SIBO)
- Pancreatic Insufficiency (also called EPI)
- Crohn's Disease, Ulcerative Colitis, or Inflammatory Bowel Disease (IBD)
- Viral or Bacterial Gastroenteritis
- Parasitic or Infectious Diarrhea
- Milk Protein Intolerance
- Fructose Malabsorption
- None of the above

**2.** Have you tried any of the following diets?

- Low-FODMAP
- Lactose-Free (avoid milk, cheese, ice cream)
- Gluten-Free (avoid wheat)
- Other: \_\_\_\_\_

**3.** Have you had loose stools or diarrhea more than two times per week for many months or years?

- YES       NO

**4.** Have you had abdominal pain, excessive gas, bloating, or cramping more than two times per week for many months or years?

- YES       NO

**5.** Do you have diarrhea, abdominal pain, excessive gas, bloating, or cramping after you eat?

- YES       NO

**6.** Do you have diarrhea, abdominal pain, excessive gas, bloating, or cramping after you eat sweet or sugary foods such as candy or desserts?

- YES       NO

**7.** Do you have stomach pain after you eat starchy foods, which include corn, potatoes, beans, pasta, rice, and grains?

- YES       NO

**8.** Have you actually lost control of your bowels, meaning have you had an accident because you couldn't make it to the bathroom in time?

- YES       NO

**9.** Are other parts of your life affected? Do you cancel social plans or have you stopped participating in social activities?

- YES       NO

**10.** Do you plan your day around knowing the locations of the nearest bathrooms?

- YES       NO

**11.** Does your doctor know that there is a new breath test designed to aid in the diagnosis of CSID?

- YES       NO

**12.** Is your doctor aware of treatment options for Congenital Sucrase-Isomaltase Deficiency (CSID)?

- YES       NO

**NOTES:**

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In addition to following up with your doctor, you can email [info@sucroseintolerance.com](mailto:info@sucroseintolerance.com) for more information.

**Sucrose Intolerance** | Congenital Sucrase-Isomaltase Deficiency (CSID)

\*This is one of several tests that can be performed to help diagnose CSID. For more information on testing options please visit: [sucroseintolerance.com/diagnosis](http://sucroseintolerance.com/diagnosis).

## FOR YOUR DOCTOR

# Sucrose Intolerance

Congenital  
Sucrase-Isomaltase  
Deficiency (CSID)

Dear Healthcare Provider,

Your patient took a recent online questionnaire indicating signs and symptoms suggestive of Sucrose Intolerance, caused by **Congenital Sucrase-Isomaltase Deficiency (CSID)**.

CSID is a relatively rare genetic disease that results in reduced starch and sugar digestion, colonic fermentation, and postprandial (after a meal) nonspecific GI symptoms of **gas, bloating, abdominal pain, and diarrhea**.

The diagnostic workup for CSID is not routine, and most doctors familiar with the disease will rule out more common etiologies, such as IBD, first.

A requisition form for a **free sucrose breath test\***, which can aid in the diagnosis, is enclosed. The results of the test, along with a thorough patient history, may help inform a diagnosis of CSID. To order the test, complete the form and fax it to **1-617-860-6617**.

The breath test is one of a number of tests that can be performed to help diagnose CSID. For more information on testing options, please visit [sucroseintolerance.com/CSIDdiagnosis](https://sucroseintolerance.com/CSIDdiagnosis).

Ask your doctor if **pharmaceutical therapy** is right for you.



If you have questions, please call **1-888-433-2260** or email [info@sucroseintolerance.com](mailto:info@sucroseintolerance.com).

## FOR YOUR DOCTOR

# free sucrose breath test\*

This test is **NO CHARGE** to the patient or or any third party payor. U.S. Only.  
Only a healthcare provider can order this test. **All information is required.**

Test provided by Aerodiagnostics LLC™

Phone: 1-617-608-3832, Fax: 1-617-860-6617, [customerservice@aerodiagnostics.com](mailto:customerservice@aerodiagnostics.com)

### 1. Healthcare Provider Information

#### Clinician information:

Doctor or healthcare provider must fill out this information.

**IMPORTANT:  
ONLY A HEALTHCARE PROVIDER  
CAN ORDER THIS TEST**

### 2. Patient Information

#### Patient information:

Patient must fill out this information

Aerodiagnostics LLC™ Kathleen O'Neil-Smith, M.D. Laboratory Director • 561 Virginia Rd, Bldg. 4, Suite 100, Concord, MA 01742

**Sucrose  
Intolerance**

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Sucrase-Isomaltase  
Deficiency (CSID)

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