

Lactose Hydrogen Breath Test

A hydrogen breath test is being ordered to provide your doctor information regarding the digestion of certain sugars or carbohydrates (lactose or fructose) or to identify bacterial overgrowth in the small intestine which can cause symptoms including gas, bloating, abdominal cramps, and diarrhea. Hydrogen gas is produced by intestinal bacteria. The hydrogen is expelled through the lungs by normal breathing.

Preparation for the test includes:

- **Four (4) weeks prior** to the test you should not take antibiotics.
- **One (1) week prior** to the test you should not take any laxatives or stool softeners (ex. Colace, Ex-Lax, Milk of Magnesia), stool bulking agents (ex: Citrucel, Metamucil) or probiotics. All bowel tests requiring cleansing, such as a barium enema or colonoscopy, should not be done within a week of your breath test.
- **The day prior** to your test you may eat only: plain white rice, salad with lettuce and dressing only, any type of meat or fowl, jello, water, non-flavored black coffee or tea, ice cream. Do not eat potatoes, vegetables (other than lettuce), breads, pasta, pastry or fruits. Salt may be used to flavor food. Margarine and butter are not permitted. Soft drinks (soda, pop) are not allowed. **EATING OR DRINKING ANYTHING ELSE** may give false results (specifically candy, beans, high fiber foods, fiber cereals, pasta). Have an early dinner the night before your test consisting of meat and rice.
- **Twelve (12) hours prior** to your test you **MUST** stop eating or drinking. Prescription medications may be taken with water 12 hours before your test.
- Do **not** eat or drink anything the **morning of your test**. If you are a diabetic, consult with your provider about insulin or hypoglycemic medications.
- Do **not** chew gum or tobacco, smoke tobacco, eat, drink, or use candy or breath mints before or during your test. You must brush your teeth and tongue and use mouthwash **two (2) hours prior** to your test. Do not swallow the mouthwash.
- Do **not** sleep or exercise while the test is being performed.

DAY OF TEST:

- **Three (3) hours prior** to your visit drink **12 oz. of milk** (skim, 1%, 2% or whole).

You will be in the office a very short time. You will need to breathe into the Breathalyzer just one time. Once the data is recorded, a provider will give you the results before you leave the office.

***** Any questions please call (585) 720-1550. *****