TESTING IS DONE IN BUILDING 400, SUITE 412

PLAN TO BE IN THE OFFICE FOR 2 HOURS

Appointment Date: _____ Arrive at: _____

___ Bacterial Overgrowth ___ Lactose Intolerance

THE ENTIRE DAY BEFORE YOUR TEST

YOU MAY EAT

1. Plain White Bread
2. Plain White Rice
3. Plain White Potato
4. Baked or Boiled Chicken/Fish (not fried)
5. Black Coffee or Tea (no sugar, no dairy or dairy alternative)
6. Eggs (***any Style***)
7. Water

You may use salt and pepper for flavor

Very light cooking spray may be used

YOU MAY NOT EAT

1. NO Dairy Products
2. NO Pasta
3. NO Beans
4. NO Red Meat
5. NO Carbonated or Alcoholic drinks
6. NO Butter or Margarine
7. NO Fruits or Vegetables

Nothing High Fiber

NOTHING BY MOUTH EXCEPT WATER 12 HOURS PRIOR TO YOUR APPOINTMENT

Start fasting at: _____ On: _____

THE DAY OF YOUR TEST

- **NO** gum, candy, mints, tobacco or cigarettes ***1 hour before or during your test***
- **DO NOT** exercise or sleep ***1 hour before or during your test***
- **NO** taking any antibiotics ***2 weeks prior to the test***
- **NO** use of laxatives (Miralax is OK) ***1 week prior to the test***
- ***Wait at least 14 days before beginning breath test if recently had antibiotic, colonoscopies, barium studies or enemas.***

Please take all your medications the morning of the test*

****DIABETICS: Monitor your blood sugar prior to taking your medication (s) ****

Bacterial Overgrowth Breath Test

The Bacterial Overgrowth Test is used to determine if bacteria have invaded the small intestine either from the stomach, where they are usually killed by the stomach acid or from the large intestine, where they are normally found and are necessary for normal intestinal function.

Bacteria in the colon (large intestine) break down complex sugars and release hydrogen (H), methane (CH), and carbon dioxide (CO). Some of the gases are reabsorbed into the blood stream and are brought to the lungs, where they are exhaled with your breath. The time at which these trace gases are detected in the lung air after the ingestion of a dose of a special sugar (Lactulose) can be used to estimate where the bacteria is located in the intestinal tract. Lactulose is a special sugar because it cannot be absorbed by humans, but is digested only by bacteria. If trace gases appear early on, it means that the bacteria must exit toward the stomach. If trace gases appear only later in the test, the bacteria must reside in the colon only.

Breath Hydrogen Test (Lactose Intolerance)

The Breath Hydrogen Test is used to help diagnose conditions in which the patient is unable to digest the sugar that is in milk.

People who have lost the ability to digest milk sugar (lactose) have a condition called lactose malabsorption. The sugar molecule remains in the intestine and is carried to the colon (large intestine). Bacteria there digest the lactose and release hydrogen (H) and methane (CH). Some of the hydrogen and methane is reabsorbed into the blood stream, carried to the lungs and exhaled. Hydrogen and methane are normally not produced in the body except by bacterial action on intestinal contents. Samples of air from the lungs are analyzed at specific times after ingesting a standard dose of lactose. If the hydrogen and methane gases are found to increase significantly, the information is used along with symptoms and other information obtained by the physician during the examination to confirm or reject the diagnosis of lactose malabsorption.

PRE-BREATH TEST MEAL PLAN EXAMPLE

BREAKFAST: Hardboiled egg, White toast (**NO** butter, margarine, jelly or preservatives)
Tea or coffee (**NO** sugar, cream, milk or lemon)
LUNCH: Turkey sandwich on white bread (**NO** cheese, lettuce, tomato or mayonnaise)
DINNER: Chicken, fish, turkey (**Baked, boiled or grilled,** very light cooking spray may be used)
White rice, plain baked potato (**NO** Vegetables or Fruit)