

TESTING IS DONE AT DIGESTIVE HEALTHCARE CENTER

*** 412 COURTYARD DRIVE - BDG 400 - HILLSBOROUGH, NJ 908-218-9222 ***

**** PLAN TO BE IN THE OFFICE FOR 2 HOURS****

You're welcomed to bring a book or cell phone to quietly use

You can drive yourself and resume normal school/work after test

Appointment Date: _____ Arrive at: _____

Door opens at 8am

___ Bacterial Overgrowth ___ Lactose Intolerance

THE ENTIRE DAY BEFORE TEST

a 24hr preparation is **REQUIRED** consisting of a 12hr **restricted diet** and a 12hr fasting period

ALLOWED FOOD (for breakfast, lunch & dinner)

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

AVOID ALL LISTED BELOW

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

You may use salt and pepper for flavor

Nothing High Fiber

Very light cooking spray may be used

NOTHING BY MOUTH EXCEPT WATER 12 HOURS PRIOR TO YOUR APPOINTMENT

Start fasting on: _____ at: _____

THE DAY OF YOUR TEST

- **Due to limited seating we ask that you come alone**
- **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**
- **You will resume normal diet immediately after test**
- **Can take all prescribed medications the morning of the test, or wait until after**
****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)