

BREATH 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  
Due to limited seating we ask that you come alone

Appointment Date: \_\_\_\_\_ Arrive at: \_\_\_\_\_ a.m.

Door opens at 8am

\_\_\_\_ Bacterial Overgrowth      \_\_\_\_ Lactose Intolerance

**THE ENTIRE DAY BEFORE TEST**

The following are the ONLY acceptable foods REQUIRED to eat the day before

**If it is not on this list DO NOT eat it**

- Plain White Bread
- Plain Steamed White Rice
- Baked or Broiled Chicken/Turkey/White Fish
- Eggs (*any Style*)
- Black Coffee or Tea (no sugar, dairy or dairy alternative)
- Plain water, not carbonated or flavored
- Clear chicken/beef broth made with boneless meat & water only. (no bone broth or bouillon)  
You may use salt and pepper - Very light cooking spray may be used (NO OIL)

**NOTHING BY MOUTH EXCEPT WATER THE EVENING BEFORE THE TEST**

**ONLY WATER IS ALLOWED AT THIS POINT UNTIL TOMORROW MORNING**

On \_\_\_\_\_ starting at: \_\_\_\_\_ p.m.

**IMPORTANT REMINDERS**

- 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
- 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. If your result is positive, you may be advised to follow a Low FODMAP diet while taking antibiotic, and will continue until your next visit.

### **Lactose Intolerance Breath Test**

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. If positive you will be advised to avoid dairy products and can take Lactaid prior to eating dairy.

### **PRE-BREATH TEST MEAL PLAN EXAMPLE**

Plain water, tea or coffee (**NO** sugar, cream, milk or lemon), Clear chicken/beef broth

**BREAKFAST:** Eggs with salt & pepper, plain white bread

**LUNCH:** Plain turkey sandwich on white bread

**DINNER:** Chicken, fish, turkey (Baked, broiled) very light cooking spray may be used) with white rice