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**PATIENT INSTRUCTIONS FOR HYDROGEN BREATH FOR LACTOSE INTOLERANCE**

You are suspected of having difficulty digesting and absorbing sugars, (e.g. lactose as in milk or sucrose - table sugar). Available is a simple and painless test for sugar malabsorption by analyzing your breath for the presence of hydrogen. In order to perform this test, you will be asked to fast (no food or drink) for a minimum of 10 hours before your test.

There are a few things you should do prior to your test. This includes:

- \* **You should not eat** slowly digesting foods such as **BEANS, BRAN, NUTS, FRUITS, VEGETABLES** or other **HIGH FIBER CEREALS** the day prior to the test. If breads and cereals can be avoided totally on the day prior to the test, that would be recommended. **If breads are necessary, white bread only.**
- \* **For dinner the night before the test you should eat only plain meat (any kind) and white rice.**
- \* Again, you should have nothing by mouth for at least 10 hours prior to the test (only water is allowed). There should be no gum chewing.
- \* No smoking, sleeping, gum chewing or vigorous exercise within 1 hour of the test or during the test.
- \* Make sure you brush your teeth prior to Lactose Intolerance Test.

**For 4 weeks prior to your test, you should not take any antibiotics, Pepto Bismol or Tums.** If antibiotics have been taken, please notify us so that the test can be rescheduled. **The hydrogen breath test cannot be done following a colonoscopy, barium enema, or other tests that require a bowel prep to be given.** The bowel prep will cleanse the bacteria. **You must wait 4 weeks** to have a breath test done to allow the bacteria to re-establish.

When you come in for the test, a short history will be done to determine that the above instructions have been followed. If they have not, the test may need to be rescheduled.

To perform the test, you will be asked to drink 8 ounces of orange flavored sugar solution. Every 30 minutes thereafter for 3 hours we will sample your breath by having you blow into a machine. The machine will then analyze your breath for the amount of hydrogen present in your breath. By doing this analysis, we will be able to tell if the sugar is malabsorbed.

This is a simple and painless procedure. It will take approximately 3 hours to complete. During this time, you can wait in the waiting room. You will be asked not to eat, drink, smoke or chew gum during the test.

**In addition to the test, you will be asked a few questions as to how you feel and any symptoms during the testing. Generally you will have no symptoms from the small amount of sugar that you drink, but it is possible to have gas, bloating, diarrhea or other discomforts.**

\* If you have any questions regarding the test or prep, please call (518) 438-4483 x245 and ask for Cindi Bluj, Medical Assistant.

PATIENT NAME: \_\_\_\_\_

TEST DATE: \_\_\_\_\_ TIME: \_\_\_\_\_

SCHEDULER NAME: \_\_\_\_\_ Ext. \_\_\_\_\_