

PATIENT INSTRUCTIONS FOR BREATH TEST

A **BREATH TEST** provides information about the digestion of certain sugars or carbohydrates, such as milk sugar (lactose) or fruit sugar (fructose). The test is also used for detecting abnormal growth of bacteria within the small bowel

YOUR TEST MAY LAST FOR TWO TO THREE HOURS. PLEASE ALLOW YOURSELF SUFFICIENT TIME TO COMPLETE YOUR TEST.

PREPARATION:

- For four (4) weeks before your test you should not take any antibiotics.
- For one (1) week before your test, do not take any laxatives or stool softeners (for example Colace, Milk of Magnesia, Ex-Lax) or stool bulking agents (for example Metamucil or Citrucel).
- You may use enemas and suppositories until 3 days before the study.
- The day before your test:
 - You may consume only the following foods and drinks: plain white bread, plain white rice, plain white potatoes, eggs, beef or chicken broth, baked or broiled chicken or fish, water, non-flavored black coffee or tea. Only salt and pepper may be used to flavor your food. Butter or margarine is not permitted. **Pop/cola drinks are not** permitted. **DO NOT EAT OR DRINK ANYTHING ELSE—IT COULD RESULT IN THE CANCELLATION OF YOUR TEST.**
- For 12 hours before your test:
 - You must stop eating and drinking 12 hours before the test. For example, if your test is at 9:00 a.m., you would stop eating and drinking at 9:00 p.m. the night before.
 - You may continue to take your usual prescription medicines with water until 12 hours before the test.
 - Take no medications the morning of your test.
- The day of your exam:
 - If you are diabetic requiring insulin or diabetic pills, ask your physician if you should change your morning dose.
 - Two hours before the test, brush your teeth.
 - **DO NOT EAT, DRINK, CHEW GUM OR TOBACCO, SMOKE CIGARETTES, EAT BREATH MINTS OR CANDY BEFORE OR DURING THE TEST.** Do not sleep or exercise while the test is being done.
 - You may return to your usual diet and activity after the test.