

Patient Preparation Instructions for Hydrogen Breath Testing

A physician's order is required for these tests in order for them to be scheduled

The HYDROGEN BREATH TESTING that will be done in this office will be for determining the presence of small intestine bacterial overgrowth, lactose intolerance, and fructose malabsorption. These tests cannot be done on the same day due to the different types of preparation required for each test. The tests can be done on consecutive days.

Helicobacter pylori testing will ONLY be performed in the 1st Floor lab or at UNC at this time.

Purpose: Hydrogen Breath Testing (HBT) is done as diagnostic testing for patient complaints of abdominal pain, cramping, stomach discomfort, bloating, or gastric upset. HBT is used to detect lactose intolerance, fructose malabsorption, small intestine bacterial overgrowth (SIBO), and Helicobacter pylori.

GENERAL INSTRUCTIONS

On the day before each test, do not eat high fiber or slowly digested food, such as beans, pasta, fiber, bran, or nuts.

On the evening before scheduled test (any of them), have a dinner of meat, white rice or plain white potatoes, and vegetables. Avoid pasta and bread because they interfere with the results

Brush your teeth in the morning.

Do not chew gum or smoke the morning of the test.

Do not exercise the morning of the test

Fructose Malabsorption: No food or drink except water after midnight.

Three (3) hours before the test is scheduled, drink 12 ounces of a sugary cola soft drink (Coca Cola or Pepsi).

DO NOT DRINK DIET SODA.

Be at the office at the time scheduled for your test.

This test will be completed within 15 minutes of starting.

Lactose intolerance: No food or drink except water after midnight.

Three (3) hours before the test is scheduled, drink 12 ounces of milk.

Be at the office at the time scheduled for the test.

This test will be completed within 15 minutes of starting.

Small Intestine Bacterial Overgrowth - General instructions plus:

No antibiotics for two (2) weeks prior to the testing for bacterial overgrowth

No bismuth products (PeptoBismol) for two (2) weeks prior to test.

Avoid laxatives, stool softeners, and stool bulking agents one (1) week before test

No food or drink except water after midnight.

We will provide you with the preparation materials when you check in for the test.

Be at the office at the time scheduled for your test.

This test will take from 1 ½ hours to 2 ½ hours. Bring something to read or another type of activity to engage in while waiting for the next breath measurement.