



HYDROGEN BREATH TEST

PATIENT NAME: _____ MRN # _____

Date of Appointment _____ Appointment Time: _____

You have been scheduled for a:

____ Bacterial Overgrowth Breath Hydrogen Test

____ Lactose Intolerance Breath Hydrogen Test.

In the Digestive Disease lab at Bassett Medical Center, 1 Atwell Road, Cooperstown, NY 13326. Please register before arriving at the GI Lab on T1

Please read and follow the instructions provided for the best possible results from this test. If you need further assistance, please call the Digestive Disease (GI) nurses at 607-547-3946 or 1-800-227-7388 and ask for 3946.

PREPARATION

2 weeks prior to the test:

- Any Antibiotic treatment must be completed 2 weeks prior to this test.
- No colonoscopies or barium studies, no laxative or enema use within 2 weeks prior to the test.
- Please review the attached list of medications to avoid.

One (1) day before the test you must limit your diet:

Here are foods you **CAN** eat until 8:00 pm:

- Baked or broiled chicken, fish or turkey (salt and pepper only), steak.
- Eggs.
- Clear chicken or beef broth with no vegetable pieces.
- Regular jello-o
- Lemon/vinegar/mayonnaise/mustard
- Spinach

Drinks:

- Water
- Tea
- Black coffee

8 PM day before the test:

- After 8:00 pm you may only drink water up to and during your test.

Day of the test:

- DO NOT smoke for at least 1 hour prior to the test or anytime during the test.
- DO NOT sleep or exercise vigorously for at least 1 hour prior to the test or anytime during the test.
- You may not chew gum at any time.
- Be sure the medical staff is aware of any recent antibiotic therapy or diarrhea since it can affect the test.
- If you are a diabetic please consult with your primary care provider in regards to your diabetic medication.

Failure to accurately and completely prepare for your exam may result in the need for an additional (or repeat) procedure and both procedures will be billed to your insurance.



LACTOSE AND GLUCOSE HYDROGEN BREATH TEST

What is the hydrogen breath test?

The hydrogen breath test is used to identify lactose intolerance or an abnormal growth of bacteria in the intestine.

What is lactose intolerance?

Lactose intolerance is the inability to digest lactose, the sugar found in milk. Lactose intolerance occurs because of the body's lack of lactase, an enzyme normally produced by the small intestine. Lactase is needed to absorb and digest lactose normally. Symptoms of intolerance include cramping, bloating, gas, or diarrhea when dairy products are consumed.

What is bacterial overgrowth in the intestine?

Normally, small amounts of bacteria are found in the intestine. If there is a significant increase in the amount of bacteria, food, and nutrients are not absorbed properly. Bacterial overgrowth can result from a slow transit of food through the bowels or from certain medications. Symptoms may include abdominal pain, bloating, gas, and diarrhea.

What happens during the hydrogen breath test?

A breath sample will be collected and tested for the presence of hydrogen. To obtain the sample, you will be asked to blow up a balloon-type bag. Normally, very little hydrogen is detected in the breath. You will then be given a pleasant tasting solution to drink. Breath samples are collected every 15-30 minutes for up to 3 hours to detect any increase in hydrogen in the breath as the solution is digested. Increased hydrogen breath levels indicate improper digestion.



List of medications and supplements to avoid before your test:

2 weeks prior:

All Antibiotics

Lomotil
Imodium

3 days prior:

Zofran	Bentyl
Probiotics	Lotronex
Pepto Bismal	Benadryl
Omeprazole (Prilosec)	diphenhydramine
Lansoprazole (Prevacid)	
Rabeprazole (Aciphex)	
Pantoprazole (Protonix)	
Esomeprazole (Nexium)	
Zegrid	
Cimetidine (Tagament)	
Famotidine (Pepcid)	
Nizatidine (Axid)	
Ranitidine (Zantac)	

Fiber Supplements 1 week prior: (a few examples are listed below)

- Citrucel
- Metamucil
- Benefiber
- Fibercon

(If you are unable to discontinue these during this time frame, we may be unable to perform this test and you will be referred back to your Primary Provider.)

***Continue Reglan until Day prior.**