

## **Lactose/Fructose Breath Testing**

The test used to diagnose lactose and fructose intolerance is the hydrogen breath test. During the test, the patient is given a large dose of lactose or fructose (mixed in 8 oz. of water), after which hydrogen levels in the breath are measured at regular intervals. A rise in the hydrogen breath levels indicates increased gas production due to malabsorbed lactose/fructose reacting in the intestine, representing an intolerance. The test will take a total of three(3) hours to perform.

### **Preparing for Testing**

1. Low carbohydrate meal night before. Meat and vegetables, no bread, potatoes, or pasta.
2. Nothing to eat or drink after 10 PM the night before the test.
3. It is OK to take medications the day of the test with small sips of water.
4. Please avoid powdered medications that must be mixed in liquid (such as Metamucil, Citrucel, etc.)
5. No exercise or smoking the morning of the test.
6. The patient **SHOULD** notify (or remind) the doctor if you are taking antibiotics for a chronic condition. Otherwise you will need to be off antibiotics for at least 2 weeks prior to testing.
7. Patient may brush teeth and rinse. Mouthwash is OK.
8. C-pap machine – Check to make sure no hydrogen.

Your appointment is on \_\_\_\_\_ at \_\_\_\_\_.

This test is performed at our office