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Bacterial Overgrowth Breath Test

Patient Instructions and Pre-conditions:

- 1) Patient should **limit** the amount of slowly digesting foods, like beans, bran, pasta, high fiber breads or other high fiber cereals the day before testing. (For examples of a diet to follow look at a low residue diet available: <http://www.mayoclinic.com/health/low-fiber-diet/MY00744/METHOD=print>)
- 2) Patient should fast for 12 hours, with only water to drink.
- 3) Patient should not take any medications unless they absolutely have to and in that case they need to take those medications **2 HOURS** before their scheduled test time.
- 4) Patient should not smoke, sleep, or exercise vigorously for at least ½ hour before, or at any time during the testing.
- 5) **Please do not brush your teeth, gargle with mouthwash, chew gum or eat any mints before the test (from when you wake up the morning of your test).**
- 6) Please be off any probiotics 2 weeks prior to testing.
- 7) If you have been on any recent antibiotic therapy in the past 48 hours. Please call the office to reschedule.
- 8) You may have PLAIN water prior to test. **NOTHING BY MOUTH ONCE THE TEST HAS STARTED!**

Patient test Protocol:

If you meet the pre-conditions for testing as outlined above, proceed with the following protocol.

Please be aware that this test takes **2 HOURS** from start to finish.

You will come into the office and breathe into a small machine. You will then drink a solution of Lactulose. (It tastes like sugar water. And **may** cause diarrhea/or abdominal pain in some patients.)

You will be free to leave the office and come back in 90 minutes to breathe again. You will then wait another 30 minutes and breathe once more.

Any questions feel free to give us a call, at: 978-429-2010.

Your breath test appt: _____

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