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### Lactose Breath Test

#### Patient Instructions and Pre-conditions:

- 1) Patient should not have eaten any slowly digesting foods, like beans, bran, or other high fiber cereals the day before testing.
- 2) Patient should fast for 12 hours, with **NO FOOD OR WATER** to drink before testing.
- 3) **DO NOT BRUSH YOUR TEETH THE MORNING OF THE TEST!!!**
- 4) Please do not chew gum, eat any candy or eat any mints the morning of the test.
- 5) Patient should not smoke, sleep, or exercise vigorously for at least ½ hour before, or at any time during the testing.
- 6) If you have been on any recent antibiotic therapy, you need to be off of them for 2 weeks before doing the test.

#### Patient test Protocol:

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

Drink 12oz of Skim or Fat Free Milk three (3) hours prior to coming in to the office. It is important that you wait the three hours prior to the breath test for the milk to digest otherwise it could give us false readings.

\*\*\*This is a *time sensitive test*, please try to show up a few minutes earlier than the 3 hour mark for the test.\*\*\*

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

Your lactose breath test appt: \_\_\_\_\_