



## **Hydrogen Breath Test Instructions**

The hydrogen breath test is used to test for bacterial overgrowth or intolerances to lactose, fructose, or sucrose. You will be instructed to drink a solution of lactose, fructose, or sucrose in water. After drinking the solution, you will be asked to breathe into a small device.

Your breath samples will be analyzed for hydrogen or methane content to determine if you are able to properly break down the lactose, fructose, or sucrose, or if you have bacterial overgrowth.

If testing for lactose or fructose intolerance, you will only need to breathe into the breathe capturing device one time.

If testing for lactulose intolerance (bacterial overgrowth), you will need to breathe into the breathe capturing device every 15 minutes for two hours.

Please follow these instructions to prepare for your breath test:

### **DAY BEFORE TEST**

Do not eat slowly digesting foods such as beans, bran, or high fiber cereal.

**12 hours before test:** Nothing by mouth except water.

### **DAY OF TEST**

Several days prior to your test, you will be given instructions regarding which liquid to drink and at what time it should be consumed. If you are unsure, please contact our office.

**Shortly before test:** Drink the instructed liquid instructed (fructose, lactulose, or lactose).

**1/2 hour before test:** Do not smoke, sleep, or vigorously exercise .

**If you have any questions or concerns, please call our office:  
(918) 940-8500**