

## **HYDROGEN BREATH TESTS**

### **LACTOSE INTOLERANCE AND BACTERIAL OVERGROWTH PATIENT PREPARATION, PRECONDITIONS, AND COLLECTION PROCEDURES**

**SCHEDULE:**

The Lactose Intolerance Breath and Bacterial overgrowth breath tests must be scheduled in advance through the Pathology office at 267-2660. The Butterworth Out-Patient draw site is the *only* Spectrum Health site performing this test. The test is available Monday through Friday with two appointments daily. Each lasting up to three hours.

**PATIENT PREPARATION:**

Only a properly prepared patient should have a hydrogen breath test performed. Incorrectly prepared patients may have conditions present that can affect the outcome of the test. Therefore the following instructions should be followed before testing:

1. The patient should be instructed to not eat high fiber cereals or other hard to digest carbohydrate foods (e.g., beans) the day before the test
  - a. **GRAIN PRODUCTS:** Whole-grain products, including cereals and melba toast, bran or high-fiber cereals.
  - b. **FRUITS:** Fruit juices, applesauce, apricots, bananas, cantaloupe, canned fruit cocktail, grapes, honeydew melon, peaches, watermelon. Raw and dried fruits like raisins and berries. Yogurt which contains fruit.
  - c. **VEGETABLES:** Vegetable juices, potatoes, alfalfa sprouts, beets, green/yellow beans, carrots, celery, cucumber, eggplant, lettuce, mushrooms, green/red peppers, squash, zucchini. Vegetables from the cruciferous family: Broccoli, cauliflower, Brussels sprouts, cabbage, kale, Swiss chard, beans, lentils, etc.
  - d. **NUTS AND SEEDS:** All nuts, seeds and beans, as well as foods that may contain seeds.
  - e. **ALL DAIRY PRODUCTS (except eggs):** Milk, cheese, ice cream, yogurt, butter
2. **SUGGESTIONS for the patient's last meal to consume prior to NPO can be:**
  - a. **Baked or broiled chicken or turkey** (salt and pepper only)
  - b. **Baked or boiled fish** (salt and pepper only)
  - c. **Rice** (plain steamed white rice)
  - d. **Eggs**
  - e. **Broth** (clear chicken or beef broth)
3. The patient should fast, with only water to drink, for 12 hours prior to the test.
4. The patient should neither vigorously exercise, nor smoke, nor sleep for at least one hour before and during the test.
5. If the patient experiences diarrhea during the Lactose Intolerance Breath Test specimen collection, he/she should notify collection personnel. Collection personnel should then contact the testing staff at 267-2770. Since this condition may affect results, a comment will be appended to results to indicate the consequences of testing during an episode of diarrhea.
6. Ask the patient about any recent antibiotic therapy. Antibiotics **SHOULD NOT** be prescribed for at least two weeks prior to testing for lactose malabsorption by the Hydrogen Breath Test method.

**SPECIMEN COLLECTION:**

Improper specimen collection can adversely affect the outcome of the test. Specimen collection should only be performed by staff with experience in proper specimen collection procedures.