

LACTOSE/LACTULOSE BREATH TEST INSTRUCTIONS

This test will assist in determining if you have difficulty digesting milk sugar (lactose). In order for the test to be accurate, please follow the instructions below.

It is important that you have not received antibiotics for at least 2 weeks before the test. It is also important not to have severe diarrhea recently. If either one of these conditions apply to you, please inform our office before starting the test.

- 24 hours before the test **do not** eat the following:

High-fiber foods such as: High Fiber Cereal, Bran, Whole Wheat, Bread, Nuts, Beans, Corn, and Popcorn

Stop all intake of fiber and/or lactose enzyme supplements.

- The night before the test **do not** eat the following:

Vegetables, beans or other Legumes, Starches or any products that could contain milk sugar such as Milk, Yogurt, Sour Cream, Cheese and Ice Cream.

- The night before the test **do** eat a light meal which includes beef, fish, skinless poultry, and tofu.
- You should fast for 12 hours before the test, with no food and only water to drink.
- Do not sleep, exercise or use any tobacco products for at least 1 hour before or at any time during the breath collection process. You may only have small amounts of water to drink during the test. In some cases cramping and diarrhea is a normal reaction to the lactose solution.

Lactose Tolerance test is a 4 hour test. The test will begin promptly at 9am and will end at 1pm.

Lactulose test is a 2 ½ hour test. The test will begin promptly at 9am and will end at 11:30am.

Testing for both of these is done on Tuesday and Wednesday of every week in the office.