



LACTOSE TOLERANCE HYDROGEN BREATH TEST

Patient Instructions

Your doctor has requested a Lactose Tolerance Hydrogen Breath Test. In order to produce a meaningful laboratory test result, you **must** follow these instructions.

Your appointment is on _____ at _____.

Before you come to the lab:

- Do not eat, chew or drink anything (except small sips of water) for 10 hours before your appointment on the day of the test.
- No smoking for at least 2 hours prior to or during the test.
- No sleep or vigorous exercise is allowed for at least 30 minutes prior to or during the test.

When you arrive in the lab:

The test will take approximately 2 hours to complete. You will be expected to remain in the laboratory for the duration of the test. You will be asked to:

1. Drink a sweet solution
2. Wait 60 minutes (do not smoke, eat, drink or chew anything during this time) and provide the first breath sample.
3. Wait another 60 minutes and provide a second breath sample as in step 2 above.

If you feel any symptoms such as abdominal cramps, diarrhea, bloating, etc., please notify the staff.