

Please be sure to read this document in its entirety prior to testing for the most accurate preparation.

Your child has been scheduled for a hydrogen breath test. This test may determine if there are problems related to the absorption of certain carbohydrates in the diet, and/or may determine if there are problems related to the overgrowth of bacteria in the small intestine. Your child is scheduled for the following hydrogen breath test:

- ☐ **Lactose Breath Test** ☐ **Bacterial Overgrowth Breath Test** ☐ **Fructose Breath Test**

Note:

- No antibiotics or probiotics for **two weeks** prior to testing **24 hours before test:**

- **PLEASE AVOID** dairy, sugars, sodas, sweeteners, and fruits/vegetables (including frozen)
- Avoid **ALL** fruits and vegetables (these contain natural sugars that are not suitable for breath testing)
- Meals throughout the day should consist of baked or broiled chicken, turkey, or fish (salt and pepper ok), eggs, plain steamed white rice, and/or plain chicken or beef broth (accepted foods listed on back of sheet)
- No cigarette smoke exposure for 1 hour before or during the test, though children should never be exposed to cigarette smoke
- Nothing by mouth after **midnight** the night before the test. Do not brush teeth the morning of the test. If you take daily medication in the morning bring it with you to take after testing

On the day of the test:

- Test timing varies depending on each patient. Please allow for a **minimum of 2 hours** for lactose testing, **3 hours** for bacterial overgrowth testing, and **3 hours** for fructose testing.

During the test:

- Patient will be asked to quickly drink a sugary solution once baseline is tested and adequate to begin testing
- During testing patient will not be able to have any food or water by mouth until testing is complete
- Your child *may* experience mild nausea or abdominal discomfort during the test
- If your child begins to experience any symptoms during test please inform medical

assistant **Please reschedule the test if:**

- Your child has been sick within 1 week of the test (fever, cough, congestion, runny nose, vomiting, diarrhea, etc.)
- Your child has taken antibiotics or probiotics within 2 weeks of the test
- Your child consumed water the morning of the test

Please call 703-839-8722 if you have any questions. For lactose breath test results will be determined upon completion of testing and given to you. For bacterial overgrowth and fructose testing your referring physician will need to review the test results and either he/she or their nurse will contact you with results.

HELP, what can I eat? The following suggestions of foods and beverages acceptable for consumption prior to testing:

• Plain baked chicken	• Plain baked turkey
• Baked or broiled fish	• Plain steamed rice
• Baked beef	• Clear chicken or beef broth
• Water-based plain white bread	• Water-based oatmeal
• Eggs	• Saltine crackers
• Plain potato chips	• Plain rice cake
• Water	• Black coffee
• Plain unsweetened tea	•

Note: Foods with sugar or lactose within the first five ingredients should be avoided