



Hydrogen Breath Test – Patient Preparation

Any queries, please call WCH Gastroenterology Breath Testing Service: 08 8161 7275

These instructions apply to breath tests for Lactose, Fructose or Sucrose Malabsorption and also for the Lactulose breath test. The Lactulose test is used to determine whether a patient is a hydrogen producer or to detect a Small Bowel Bacterial Overgrowth.

Only 1 test can be done each day.

Failure to follow the preparation may lead to an inconclusive result requiring the test(s) to be repeated.

COST: These tests incur a cost.

FOR 4 WEEKS BEFORE YOUR TEST:

- No antibiotics
- No colonoscopy

FOR 2 WEEKS BEFORE YOUR TEST:

- No concentrated Probiotics such as IBS Support, Inner Health Plus or VSL#3
- No enemas

THE DAY BEFORE YOUR TEST:

FOODS TO AVOID	SUGGESTED FOODS INCLUDE
High fibre foods – wholegrain cereals and wholegrain breads, bran, oats	Low fibre foods - White bread, white rice, rice noodles, rice crackers
Honey, peanut butter, jam	Rice Bubbles, Cornflakes, pancakes
Pasta, tofu, processed meats	Lactose-free milk, hard cheeses, margarine, Nuttalex, vegemite
Fermented foods eg yoghurt, soy, kombucha	Black tea (not herbal), coffee, water
Soft drinks, sports drinks, fruit juice, cordial	Chicken, fish, seafood, lean beef, eggs
Legumes - beans, peas, lentils, nuts, corn	Fresh fruit (1 handful per 3 hr period) eg melon, citrus, banana, berries
Dried fruit, pears, stone fruit, canned fruit, avocado	Peeled vegetables eg. carrot, cucumber, zucchini, potato, pumpkin, tomato, lettuce
Onions, garlic, cabbage, celery, broccoli	
Fibre supplements and laxatives	

THE EVENING BEFORE YOUR TEST:

- **FAST (No Food or Drink)** for minimum 10 hours before starting the test (sips of water allowed)
- Infants (6 months and under) fast for minimum 6 hours

THE MORNING OF YOUR TEST:

- Get up at your usual time and continue to **Fast**
- **Do not sleep** for at least 30 min prior to the test or during the test
- **No smoking or exercise** on the morning of or during the test
- **Brush your teeth** and rinse your mouth well with water
- You may take your normal medication with water

HOW THE TEST IS DONE:

- You will be asked to drink a sugar solution
- Breath samples will be collected at intervals for 3 hours