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HYDROGEN BREATH TEST INSTRUCTION SHEET

1. **STOP** antibiotics at least one week prior to test.
2. **Nothing** to eat or drink at least twelve (12) hours prior to test. This includes absolutely no gums, mints, or water. Anything taken by mouth will interfere with test results.
3. **Do not** smoke for twelve (12) hours prior to test.
4. **Do not** use laxatives or enemas at least one week prior to test.
5. The test takes two hours to complete.

The Hydrogen Breath Test is a test used to diagnose lactose intolerance or bacterial overgrowth of the intestines. The test involves simply blowing into specimen bags to collect samples which are measured for Hydrogen. A baseline sample is taken and then a lactose or sugar solution is given by mouth. Then, a breath sample is collected every fifteen minutes for two hours. The samples are then analyzed with a special instrument. If there is a high Hydrogen concentration, the test is positive. The results will be interrupted by your physician and recommendations will be made.

Your test is scheduled for _____ @ _____

If you have any questions concerning this test, please call our office at **281-481-9400**.