

Bacterial Overgrowth Breath Test Instructions

For Optimal Patient Preparation

- Patients should not be tested within four (4) weeks of a colonoscopy or barium enema.
- Patients should not take antimicrobials and should try to avoid bismuth preparations (Pepto Bismol) within two (2) weeks prior to administering the lactose intolerance breath test.
- Patients should avoid laxatives, stool softeners or stool bulking agents one (1) week prior to the test including: Colace, Milk of Magnesia, Ex-Lax, Metamucil, or Citrucel.

Food and Drinks the Day Before the Test

These foods and drinks are best: Plain white bread, plain white rice, plain white potatoes, baked or broiled chicken or fish, water, non-flavored black coffee or tea. Salt maybe used to flavor your food.

These foods and drinks should be avoided: Beans, pasta, meats (steaks), fiber or bran cereals, soda (pop) cola drinks, butter or margarine and high fiber foods (whole grains).

STOP EATING AND DRINKING 12 HOURS BEFORE THE TEST

The Day of the Test

DO NOT eat, drink, chew gum or tobacco, smoke cigarettes, eat breath mints or candy before or during the test.

DO NOT sleep or exercise during the test

DO TAKE prescription medications with a small amount of water

DO BRUSH your teeth prior to test