

Patient Instructions for Lactose Breath Test

Preparation:

1. Do not take antibiotics for four (4) weeks before the study.
2. Do not take laxatives, bulk fiber laxatives or stool softeners for one week before study.

Examples: Colace, Milk of Magnesia, Ex-Lax, Metamucil, Citrucel

3. Do not use enemas or suppositories for three (3) days before the study.

One day before study:

1. You may have only the following foods and drinks:
 - Three (3) slices of plain white bread (may be toasted)
 - White rice
 - Plain white potatoes with no peel
 - Baked or broiled fish or chicken
 - Water, non-flavored black coffee or tea
2. You may salt your food but **do not use** butter or margarine.
3. **DO NOT** eat or drink anything else.
4. Not following the above instructions may result your study being inaccurate.

12 hours before study:

1. You may take your usual evening prescription medications with water.
2. Do not eat or drink anything after **7PM** on the evening before the test.
3. **If you are diabetic on insulin or diabetic pills, follow the diabetic instruction sheet provided to you.**

The day of the study:

1. Do not take your morning prescription medication.
2. Brush your teeth BEFORE 5AM, you need to stay awake, do not lie down again after you get up.
3. 6:45 AM Gargle with Listerine mouth solution for 30 seconds.
4. 7:00 AM Start Breath Test. The first read will be your baseline test.
5. **After the baseline breath sample, immediately mix the powder provided in the kit with 250ml of water and drink within five (5) minutes.**

Do not eat, drink, chew gum, use tobacco, smoke, eat candy or breath mints before or during the test.

Do not sleep or exercise during the test.

We recommend you read, watch tv, needlepoint, or just relax while you complete the test.

Breath sample instructions:

1. Blow a small breath first into the air
2. Blow a second longer breath
3. When you feel like you have only 3-5 seconds of breath left, attach the tube into the side of the bag.
4. Collect the sample and remove the tube

Remember:

- The bag must be fully inflated to collect a good sample.
- Write your name, number the test tubes and write the date on each tube.
- If you feel any symptoms during the test, write the information on the data collection sheet.

If this kit is not completed and returned within 30 days, you will receive a bill for \$50 to cover the cost of the unused kit. If you lose the kit you will also be charged for the replacement of the kit or parts.