

## LACTOSE BREATH TEST

Patient Name: \_\_\_\_\_

Date: \_\_\_\_\_

You have been scheduled for a Gastrointestinal Diagnostic Physiology test  
Called a Lactose Hydrogen breath test.

### Why am I having this test?

Your Doctor has arranged this test to evaluate for Lactose Maldigestion  
Which leads to poor tolerance of milk products?

### What occurs during the examination?

You will be asked to report to the office fasting, not having eaten for 12  
Hours. You will blow into an instrument and your breath will be analyzed  
For hydrogen gas. Then, you will be asked to drink a cup of lactose (which  
Is the sugar in the milk) dissolved in water. Then breath test results will be  
Obtained every thirty (30) minutes for three hours.

### Are there any possible complications?

If you have the lactose maldigestion condition, your symptoms may be  
Reproduced occasionally, others have their usual abdominal discomfort  
Unrelated to lactose.

### What to expect after the procedure.

Some of your usual gas, bloating, or abdominal discomfort may occur.

### GENERAL INSTRUCTIONS:

- 1: Do not eat or drink anything after midnight before the procedure.
- 2: No escort is required because this test doesn't use anesthesia.
- 3: Wear comfortable clothing; you will be at the office for 3 to 4  
Hours.
- 4: No smoking or teeth brushing the morning of the exam.
- 5: No mechanical bowel cleansing or antibiotic use one month prior  
To exam.
- 6: Low lactose, low carbohydrate, low fiber dinner the day prior to  
Exam.