

Lactose intolerance breath test guidelines

The lactose intolerance breath test measures the amount of gases you breathe out after drinking a sugar solution. Once your test is scheduled, it is important to carefully follow these preparation instructions. This helps to ensure the results are accurate.

How to prepare for testing

- Prior to testing, the following restrictions and preparation instructions must be followed. Improper preparation may result in a cancelation of testing.
- Allow 3.5 hours for your appointment.

Two weeks before the test

- You should not have had antibiotics for at least 2 weeks prior to testing.
- You should not have had a colonoscopy, endoscopy, barium study (includes X-ray or CT with barium contrast), or enema.
- You should not have had an MRI with contrast dye.

One week before the test

- If you are able, do not take any laxatives or promotility drugs such as Dulcolax®, MiraLAX®, or Colace®.
- Continue taking medication prescribed by your doctor.
- Continue taking vitamins, supplements, steroids, proton pump inhibitors, probiotics, etc.

24 hours before the test

- You should **not** eat high fiber cereals or other hard to digest carbohydrate foods. The following food and drinks should be **avoided**:
 - Grain products: Bread including goods that contain whole grains, wheat, brans, pasta, (tortilla) wraps, and all cereals. (plain white bread is acceptable)
 - Fruits: Including raw and dried fruits like raisins and berries.
 - Vegetables: Potatoes, alfalfa sprouts, beets, green/yellow beans, carrots, celery, cucumber, eggplant, lettuce, mushrooms, green/red peppers, squash, zucchini, onions, garlic, broccoli, cauliflower, brussel sprouts, cabbage, kale, Swiss chard, beans, lentils, etc.
 - Nuts, seeds, or beans: All nuts, seeds and beans, as well as foods that may contain seeds.
 - Milk and dairy products: Milk (including goat's milk), cheese, ice cream, yogurt,

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butter, margarine, etc. Eggs are acceptable.

- Beverages: Soda, fruit juices, sports drink, etc.
- Foods and beverages containing high fructose syrup such as sugar-free foods, ketchup, honey, mustard, mayo, syrup etc.
- Here are some suggestions for your dinner before fasting starts:
 - Baked or broiled chicken, turkey, lamb, pork chop, or beef (salt and pepper only)
 - Baked or boiled fish (salt and pepper only)
 - Burger with plain white bread (no bun, cheese, condiments, and toppings)
 - Rice (plain steamed white rice)
 - Clear chicken or beef broth (no vegetable broth)
 - Eggs (scrambled or over easy, salt and pepper only). NOT FRIED OR BOILED. Very little spray if needed.
 - Beverages: PLAIN water only; plain coffee or tea (no sugar, artificial sweeteners, milk, or cream added) are acceptable.

12 hours before test

- Fast for 12 hours with before the appointment time.
- Drink only PLAIN water.
- Avoid soda, fruit juices, sports drink, coffee, and tea.
- No candy or gum.

1 hour before testing and during the test

- You should not vigorously exercise, smoke (including secondhand smoke), sleep, or use an inhaler.
- No candy or gum.

Questions?

- Questions regarding results should be directed to the provider that ordered your testing or your primary care provider.
- Testing must be scheduled. Appointments may be made via MyChart or Central Scheduling.
- For scheduling, including cancellations, or directions call Central Scheduling 616.267.8024 and choose option 2.
- Testing is performed at Corewell Health Butterworth Outpatient Lab, located at 100 Michigan Street NE, Grand Rapids, MI 49503. You may park in Ramp 7 and take the bridge across the street to register in Meijer Heart Center lobby.

This handout does not take the place of a discussion with your health care team.
Discuss any questions or concerns you may have with your health care team.
