

Lactose Intolerance Breath Test Guidelines

The Lactose Intolerance Breath Test measures the amount of gases you breathe out after drinking a lactose 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 have not 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.

One week before the test

- If you are able, do not take any laxatives or promotility drugs such as Dulcolax®, MiraLAX®, or Colace®.

24 Hours before the test

- You should not eat high fiber cereals or other hard to digest carbohydrate foods 24 hours before the test. The following foods should be avoided:
 - Grain Products (plain white bread is acceptable)
 - Fruits
 - Vegetables
 - Nuts, seeds, or beans
 - Dairy Products

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- Here are some suggestions for your dinner before fasting starts:
 - Baked or broiled chicken or turkey (salt and pepper only)
 - Baked or boiled fish (salt and pepper only)
 - Rice (plain steamed white rice)
 - Broth (clear chicken or beef broth)
 - Eggs (salt and pepper only)

12 Hours before test

- Fast for 12 hours with only water to drink before the appointment time.

1 hour before testing and during the test:

- You should not vigorously exercise, smoke, or sleep.

Questions?

- Questions regarding results should be directed to the provider that ordered your testing or your primary care provider.
 - Testing must be schedule. Appointments may be made via MyChart or Central Scheduling.
 - For scheduling, including cancellations, or directions please call Central Scheduling (616) 267-8024.
 - Testing is only performed at Corewell Health Butterworth Outpatient Lab, located at 100 Michigan Street NE, Grand Rapids, MI 49503. You may park in Ramp 7, the outpatient lab is located across the street on level 1.
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