



Hydrogen Breath Test for Lactose Tolerance

This test will help to determine if you have difficulty digesting milk sugar (lactose) or have other bowel disorders. In order for the test to be accurate, please follow the instructions below:

If you have received **antibiotics** within two (2) weeks before the test or if you have had severe **diarrhea** recently, please inform your doctor **before** coming to the test.

7 days before the test:

- Do not use a bowel prep, laxatives or enemas

24 hours before the test:

- Stop all fiber supplements and lactose enzyme supplements.
- Avoid **all raw fruits and vegetables**. V-8 juice and prune juice should not be used.
- Canned or cooked fruits and vegetables without skins and seeds **may** be eaten.
- Avoid **foods high in fiber** such as whole grain or bran cereals and breads.
- Avoid **foods containing nuts, seeds, or dried fruit**.
- Avoid all **dairy products, including yogurt, cheese and ice cream**.
- Avoid **fried and highly seasoned foods**.
- Avoid **alcoholic beverages**.

The evening before the test

- Eat a light meal which may include beef, fish, skinless poultry, tofu or rice.

12 Hours before the test:

- Do not eat or drink anything except water for 12 hours prior to the test.

1 Hour before the test:

- Do not sleep, exercise or use any tobacco products

15 minutes before the test:

- Please report to St. Francis Outpatient Services to register.

During the test:

- A baseline breath sample is collected.
- You will be asked to drink a glass of a white vanilla-flavored liquid.
- Repeat breath samples are collected every 30 to 60 minutes for up to 3 hours.
- You may only have small amounts of water to drink during the test.
- In some cases cramping and diarrhea are normal reactions to the lactose solution.
- You may want to bring needle-work or something to read.