



## LACTOSE HYDROGEN BREATH TEST INSTRUCTIONS

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- Do Not Eat or Drink anything after midnight.
- Discontinue the use of any probiotics 1 week prior to taking the test.
- Please inform us if you have taken antibiotics recently as the test cannot be performed with antibiotics use within the last 4 weeks.
- Do not smoke for at least 1 hour prior to the test, or at any time during the test.

### **The day before the test**

- No high-fiber foods day before the test (fiber supplements, whole grains, beans, nuts, green vegetables, fruits, berries)
- No dairy products (milk, ice cream, yogurt, cheese, etc.)
- No foods/beverages with High-Fructose Corn Syrup (e.g. Sodas, sugar-free foods, juices, sweets, candy, ketchup, honey, etc.)
- The test will take approximately 2 hours

**Please call 302-678-5008 if you have any questions.**

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