

GASTRO
HEALTH



45B Discovery Way, Acton MA01720
Phone: 978-429-2010 • Fax: 978-264-1936

MIDDLESEX
DIGESTIVE
& HEALTH
ENDOSCOPY CENTER



45A Discovery Way, Acton MA01720
Phone: 978-429-2000 • Fax: 978-264-1935

Bacterial Overgrowth Breath Test Instructions

- 1) Patient should limit the amount of slowly digesting foods: Beans, bran, pasta, fiber breads, or high fiber cereals the day before testing. (For examples of the diet to follow, look at our low residue diet: <http://www.mayoclinic.com/health/low-fiber-diet/MY00744/METHOD=print>)
- 2) Patient should fast for 12 hours with only water to drink.
- 3) Patient should not take any medications unless they absolutely must. In this case, take those medications **2 HOURS** before their procedure.
- 4) Patient should not smoke, sleep or exercise vigorously for at least ½ hour before, or at time during the testing.
- 5) **Please DO NOT brush your teeth, gargle mouth wash, chew gum, or eat any mints before the test. (From when you wake up in the morning of your test.)**
- 6) Please be off probiotics 2 weeks prior to testing.
- 7) If you have been on any recent antibiotic therapy in the past 48 hours, please call the office to reschedule.
- 8) You may have **PLAIN** water prior to the test. **NOTHING BY MOUTH ONCE THE TEST HAS STARTED.**

Patient test protocol:

If you meet the pre-conditions for testing outlined above, proceed the following protocol. Please be aware that this test takes 2 HOURS from start to finish.

You will come into the office and breath into a small machine. You will then drink a solution of lactulose. (It tastes like sugar water and may cause diarrhea/or abdominal pain in some patients.

You will be free to leave the office and come back in 90 minutes to breathe again.
Then you will wait 30 minutes and breath once more.

Your breath test is scheduled for: _____