

GREATER BOSTON GASTROENTEROLOGY

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LACTOSE INTOLERANCE TEST PREPARATION

You are scheduled for a **Lactose Intolerance Breath Test** on: _____ at: _____ in Suite G10

****A \$25.00 cancellation fee will be billed directly to the patient for any appointment not cancelled with a 48 hour notice.****

Your doctor believes you might be having difficulty digesting and absorbing the milk sugar lactose. There is a simple and painless test which can be done to help determine how well you absorb sugar. It requires that some of the breath you breathe out be collected after you drink a solution of milk sugar and water. The breath will be analyzed for the presence of hydrogen, which is not usually found unless you cannot absorb the milk sugar which you have drunk.

PREPARATION for the test:

1. If tolerated, stop medications such as: Miralax, Dulcolax, Docusate, Amitiza, Linzess, Milk of Magnesia, Stool Softners, Digestive Enzymes, Lactase, Metoclopramide, Domperidone **AND ALL OTHER LAXATIVES AND PROMOTILITY MEDICATION** 1 week prior to the test. Please call the office if you have questions.
2. No high-fiber or slowly digesting foods the day before the test. For example: bran, coarse breads, nuts, seeds, beans, fruits, dairy products or vegetables.
3. Liquids only for dinner the night before the test (4hours before fasting time starts). Allowed liquids are chicken broth, beef broth and water.
4. No food, liquids, medication, gum, breath mints and hard candy for at least 12 hours before the test. You may only have sips of water to drink.
5. On the day of the test you may brush your teeth making sure you do not swallow toothpaste. Please do not use mouth wash.
6. No smoking at least 1/2 hour before the test.
7. No sleeping or vigorous exercising for at least one hour before, or during the test.
8. No antibiotics or probiotics such as Align, Florastor and etc. for 4 weeks prior to the test. Notify (or remind) the Doctor or Nurse Practitioner of any recent antibiotic treatment and/or runny diarrhea.

When you come in for the test, you will be asked to drink a sugar-water solution. Samples will then be taken of your exhaled breath at intervals. As comparison, a breath sample will be taken before you drink the solution. The procedure is simple and painless; it involves no needles. The entire test requires several samples taken over a period of 3 hours. During this time, you may engage in quiet activity while waiting between samples. No food or liquids may be eaten during the test.