

# SYRACUSE GASTROENTEROLOGICAL ASSOCIATES, P.C.

You are scheduled for a Breath Test with the nurse on: \_\_\_\_\_ @ \_\_\_\_\_

TYPE OF BREATH TEST:  BACTERIAL 1 1/2 hours  LACTOSE up to 3 hours  FRUCTOSE up to 3 hours

- Please report to:  739 Irving Ave Suite 400, Syracuse, NY  
Park in the CNY Parking garage that is attached to our building for a discounted rate.
- 8324 Oswego Road Suite E, Liverpool, NY  
Free parking lot
- Any questions or if you need to reschedule, please call 315-234-6677

## HOW TO PREPARE FOR YOUR BREATH TEST:

### 4 weeks before the test:

- No antibiotics. This also includes antibiotics in the form of topical creams or gels.
- No Pepto Bismol or Carafate.
- No colonoscopy, barium enema, or CT scans.
- No tests that require a bowel prep, bowel cleansing, barium drinks, or oral contrast.

### 2 weeks before the test:

- Stop taking any Probiotics. (such as Align, Culturelle, Phillips Colon Health)

### 7 days before the test:

- Stop taking any PPI's. (Proton Pump Inhibitors such as Prilosec, Nexium, and Prevacid)
- Stop taking H2 Blockers (such as Zantac, Pepcid, Tagamet)
- No laxatives.

### 3 days before the test:

- Follow a low fiber/low residue diet. Do not eat slow digesting foods such as beans, broccoli, garlic, cabbage, onion leeks and other high fiber foods.
- Do not use Imodium, Lomotil, or any product which slows the bowel.
- No vitamins of any kind.

### 12 hours prior to the test:

- Do not smoke. Try to avoid second hand smoke as well.
- Do not exercise
- Do not chew gum.
- Do not eat or drink anything.

### Day of the test:

- Do not eat any food or drink anything (including water) the day of your test.
- You may brush your teeth just be sure not to swallow any toothpaste or water.
- Do not use mouthwash or denture adhesive.
- Do not chew gum. Do not smoke. Avoid second hand smoke.
- If you have had severe diarrhea recently please inform the nurse before starting the test.

Office:  
When is patient clear to  
have the test?



## **The hydrogen breath test is used to test for lactose intolerance, fructose intolerance, or bacterial overgrowth.**

### **What happens during the hydrogen breath test?**

A breath sample will be collected and tested for the presence of hydrogen in the small intestine. To obtain the sample, you will be asked to blow into a tube-like device. Normally, very little hydrogen is detected in the breath. You will be given a small amount of a solution to drink. Breath samples are collected every 15-20 minutes for up to 3 hours to detect any increase in hydrogen. Increased hydrogen breath levels indicate improper digestion.

### **Lactose intolerance**

Lactose intolerance is the inability to digest lactose, the sugar found in milk. Lactose intolerance occurs because of the body's lack of lactase, an enzyme normally produced by the small intestine. Lactase is needed to digest lactose. Symptoms of intolerance may include cramping, bloating, gas, or diarrhea when dairy products are consumed.

### **Fructose intolerance**

This test determines whether you have difficulty absorbing fructose, a sugar found in onions, artichokes, pears and wheat. It is also used as a sweetener in some drinks. If you have symptoms such as bloating, gas, cramping and diarrhea, it may be due to fructose malabsorption.

### **Bacterial overgrowth in the intestine**

Normally, small amounts of bacteria are found in the small intestine. If there is a significant increase in the amount of bacteria, food and nutrients are not absorbed properly. Bacteria overgrowth can result from slow transit through the bowels or from certain medications. Symptoms may include abdominal pain, bloating, gas, and diarrhea.



## LOW FIBER/LOW RESIDUE DIET

(to be followed 3 days prior to your breath test)

The diet includes foods that will reduce (not eliminate) the residue in the colon. It is smooth in texture and is mechanically and chemically nonirritating. Food tolerance varies greatly and patients should be encouraged to eat the most liberal diet possible and include adequate fluids. Foods as noted in recommend amounts will be adequate in nutrients with the exception of calcium.

### The following foods are generally ALLOWED on a low-fiber diet:

- Enriched white bread or rolls without seeds
- White rice, plain white pasta, noodles and macaroni
- Crackers
- Refined cereals such as Cream of Wheat
- Pancakes or waffles made from white refined flour
- Most canned or cooked fruits without skins, seeds or membranes
- Fruit and vegetable juice with little or no pulp, fruit-flavored drinks and flavored waters
- Canned or well-cooked vegetables without seeds, hulls or skins, such as carrots, potatoes.
- Tender meat, poultry and fish
- Eggs
- Tofu
- Creamy peanut butter — up to 2 tablespoons a day
- Milk and foods made from milk, such as yogurt, pudding, ice cream, cheeses and sour cream — up to 2 cups a day, including any used in cooking
- Butter, margarine, oils and salad dressings without seeds
- Desserts with no whole grains, seeds, nuts, raisins or coconut

### You should AVOID the following foods:

- Whole-wheat or whole-grain breads, cereals and pasta
- Brown or wild rice and other whole grains such as oats, kasha, barley, quinoa
- Dried fruits and prune juice
- Raw fruit, including those with seeds, skin or membranes, such as berries
- Raw or undercooked vegetables, including corn
- Dried beans, peas and lentils
- Seeds and nuts, and foods containing them
- Coconut
- Popcorn

Keep in mind that you may have fewer bowel movements and smaller stools while you're following a low-fiber diet. To avoid constipation, you may need to drink extra fluids. Drink plenty of water unless your doctor tells you otherwise, and use juices and milk as noted.

### Example low-fiber diet menu:

#### *Breakfast:*

- 1 glass milk
- 1 egg
- 1 slice of white toast with smooth jelly
- 1/2 cup canned peaches

#### *Snack:*

- 1 cup yogurt

#### *Lunch:*

- 1 to 2 cups of chicken noodle soup
- Soda crackers
- Sandwich of drained tuna with mayonnaise or salad dressing on white bread
- Canned applesauce
- Flavored water or iced tea

#### *Snack:*

- White toast, bread or crackers
- 2 tablespoons creamy peanut butter
- Flavored water

#### *Dinner:*

- 3 ounces lean meat, poultry or fish
- 1/2 cup white rice
- 1/2 cup cooked vegetables, such as carrots or green beans
- 1 enriched white dinner roll with butter
- Hot tea