



4100 Park Forest Drive, Suite 208, Traverse City, MI 49684
Phone (231)935-5710 Fax (231)935-9045
www.dha-nm.com

LACTOSE, GLUCOSE, AND LACTULOSE BREATH-HYDROGEN TEST

This test is performed in the office setting, and takes approximately ___ hours to complete.

INSTRUCTIONS & PRECONDITIONS

1. The patient should be instructed not to eat high-fiber cereals, other hard-to-digest carbohydrate foods (like beans), or take fiber supplements the day before the test.
2. The patient should fast, with only water to drink, for 12-hours before the test is performed. No gum, hard candy, or cough drops.
3. The patient should not smoke for at least two hours prior to the test, and should not smoke nor sleep during the test.
4. The patient should report any recent antibiotic therapy and/or any recent severe diarrhea, since these conditions can prevent detectable changes in breath-hydrogen levels during the test.
5. The patient may continue to take any essential medicines prior to the test, which have been prescribed by a doctor.

If you have any questions, please feel free to contact the office at (231) 935-5710 x7. Our office hours are Monday through Friday, 8:00 a.m. to 5:00 p.m.

Your test is scheduled for: _____

Please arrive at our office at: _____