



DIABLO DIGESTIVE CARE

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BREATH TESTING- PLEASANT HILL OFFICE

PRE-TESTING INSTRUCTIONS

- AVOID ANTIBIOTIC THERAPY FOR AT LEAST 4 WEEKS BEFORE TEST
- 1 DAY PRIOR TO TESTING:
 - AVOID INGESTION OF SLOWLY DIGESTING FOODS
 - BEANS, HIGH FIBER CEREALS, BRAN, ETC.
- FAST FOR 12 HOURS :
 - NO FOOD OR DRINK CONSUMPTION EXCEPT FOR WATER.
 - AVOID SMOKING, EXERCISING OR SLEEPING FOR AT LEAST 1 HOUR BEFORE YOUR TEST

**EACH BREATH TEST REQUIRES A SEPARATE TEST AND CANNOT BE PERFORMED ON THE SAME DAY.*

LACTOSE MALABSORPTION: APPT. DATE & TIME: _____

FRUCTOSE MALABSORPTION: APPT. DATE & TIME: _____

FRUCTAN MALABSORPTION: APPT. DATE & TIME: _____

- *EACH TEST REQUIRES 60 MINUTES*
- *DRINK:*
 - *FOLLOWING SUBSTRATE 30 MINUTES BEFORE YOUR TEST & NOTHING ORALLY UNTIL TESTING COMPLETE*

LACTOSE: 12 OZ. OF MILK (FAT CONTENT OF MILK DOES NOT MATTER)

FRUCTOSE: 12 OZ. OF APPLE JUICE OR 7-UP (NO DIET OR SUGAR-FREE)

FRUCTAN: 1 FRUCTAN PACKET MIXED IN 8 OZ. WATER

BACTERIAL OVERGROWTH: APPT. DATE & TIME: _____

- *TESTING REQUIRES 90 MINUTES*
- *DRINK:*
 - *1 LACTULOSE (KRISTALOSE 10 GM) PACKET IN 8 OZ. OF WATER*
 - *CONSUME 60 MINUTES BEFORE YOUR TEST & NOTHING ORALLY UNTIL TESTING COMPLETE*