

Gastroenterology & Hepatology Associates of Mid-Michigan PC

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## BACTERIAL OVERGROWTH BREATH TEST

Patient Name \_\_\_\_\_

Date \_\_\_\_\_ Time \_\_\_\_\_

- You should **not** have had a colonoscopy or barium enema 4 weeks prior.
- You should avoid any bismuth preparations (Pepto Bismol) for 2 weeks prior.
- You should avoid laxatives, stool softeners or bulking agents one week prior to the test including: Colace, Milk of Magnesia, Ex-Lax, Metamucil or Citrucel.
- Please notify your physician of any recent antibiotic treatment.

### THE DAY BEFORE THE TEST:

Food and drink to avoid:

Beans, pasta, red meats, fiber or bran cereals, (soda pop) cola drinks, butter or margarine and high fiber foods (whole grain).

### STOP EATING AND DRINKING 12 HOURS BEFORE THE TEST.

Water is allowed up to 1 hour before the test.

### THE DAY OF THE TEST:

**You may brush your teeth.**

- The test will last approximately 1½ hours.
- You must not eat or drink 12 hours before or during the test.
- No gum chewing.
- No smoking.
- No sleeping.
- You may take your prescription medicines with a sip of water.
- No exercising.

### THE TEST

- First you will be asked to blow into a special test tube.
- This is followed by drinking 8 ounces of the Lactulose Solution.
- You will then be asked to blow into a series of tubes at timed intervals.
- You will not be able to eat or drink anything during the test.

- Your test results will be available by calling the office in one week.