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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.