

## **SAN FRANCISCO GASTROENTEROLOGY**

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### **LACTOSE MALABSORPTION BREATH TEST**

The hydrogen breath test is a non-invasive test proven to identify lactose malabsorption by measuring hydrogen in the breath.

The test is based on the fact that unabsorbed carbohydrates reach the colon, where they are hydrolyzed by colonic flora such as bacteria, releasing hydrogen. This hydrogen diffuses through the colon wall and is excreted in the breath where it can be measured.

#### **Preparation Instructions:**

If you are on Antibiotics or are taking Probiotics, please be sure to stop 2 weeks prior to procedure.

**6 Hours PRIOR to your procedure: STOP eating.** This includes mints, gum, and hard candies. You may have clear liquids at this time.

**3 Hours PRIOR to your procedure: NO Liquids Allowed.**

#### **Test Location:**

The first appointment is 3.5 hours in length. If a follow up appointment is required, please allow 1.5 hours. No sedation is administered for this test, so you will not need anyone to accompany you home. **You must pre-register for your appointment by calling: 415-600-0900. Please brush your teeth the morning of the exam. You may also bring reading materials to the exam.**

**APPOINTMENT DATE & TIME:** \_\_\_\_\_

**APPOINTMENT LOCATION:** \_\_\_\_\_