Hydrogen Breath Test

Your Hydrogen Breath Test is scheduled for __________ at __________. 

Your test will be done at the Hill Medical Building. 1000 East Genesee Street, Suite 205.

Description of Procedure

A Hydrogen Breath Test measures the volume of hydrogen absorbed in the colon and expelled in the breath. This test is done to aid in the diagnosis of:

- [ ] Lactose Intolerance
- [ ] Bacterial Overgrowth
- [ ] Abnormal Gastrointestinal Transit Time

You will be given either milk or lactulose to drink and a breath sample will be collected every 15 minutes for 2 to 3 hours.

The entire test may take 3 to 4 hours.

Hydrogen Breath Test Preparation

- Do not eat or drink after midnight prior to the test.
- Do not smoke the day of the procedure.
- Any antibiotic you may be taking should be completed 1 week prior to the test.
- Good oral hygiene is required for test accuracy.
- The day of the procedure, you will be asked to provide information regarding your medications and any medication allergies.
- The evening meal prior to your test should NOT include beans, bran or high fiber cereals.

If you have any questions or need to change or cancel your appointment, please call University Gastroenterology at (315) 464-1600.