

# UniversityGastroenterology

MEDICINE AT ITS BEST

HILL MEDICAL BUILDING • 1000 EAST GENESEE STREET • SYRACUSE, NY 13210

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## *Information for You from Your Health Care Team*

### Hydrogen Breath Test

Your Hydrogen Breath Test is scheduled for \_\_\_\_\_ at \_\_\_\_\_.  
(Date) (Time)

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.**