



Information for You from Your Health Care Team

Hydrogen Breath Test

Three major sugars we use daily are **Lactose**, from milk, **Sucrose** from sweets, and **Fructose** from fruits and sweets. Some people have difficulty with digestion or absorption of these sugars and may experience gastric bloating, diarrhea, and abdominal pain. A simple test to assist in diagnosing is called the Breath Hydrogen Test. The breath test will measure the amount of hydrogen produced after drinking a dose of liquid sugar.

What To Expect

After arriving at the clinic, the patient will be asked to blow into a small collection bag. A cup of sugar solution will then be given to drink. Breath samples will be collected every thirty minutes for three hours. Expect the test to last about 3 ½ hours.

Please follow the instructions OR the breath test may have to be rescheduled

- The evening meal the night before the test should **Not** include gas forming foods, such as peas, beans, cabbage, or cauliflower. Also, please restrict milk and limit juice.
- You should not be on antibiotics for seven (7) days prior to having the test.
- You must fast for 12 hours before the test. This means no food, water, drinks, medications, **OR** chewing gum until after the test is completed.
- No smoking for 12 hours before the test.
- Please come directly to the Pediatric GI office for this test. You should arrive at 8:30am. Please allow plenty of time for parking and registration. If you arrive late, your appointment may need to be rescheduled.

If you have any questions, or need to reschedule this appointment, please call the Pediatric GI Office at 315-464-8444.

Patient: _____

Appointment Time and Date: _____

Please Speak Up if You Have Any Questions