

NEW ENGLAND CONSULTANTS IN GASTROENTEROLOGY & HEPATOLOGY

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PLEASE READ THE MATERIALS IN THIS PACKET AS SOON AS YOU GET THEM - DO NOT WAIT UNTIL THE DAY OF YOUR TEST.

You are scheduled for a LACTOSE INTOLERANCE BREATH TEST on: _____ at: 9am

A \$25.00 Cancellation fee will be billed directly to the patient for any appointment not canceled with a 48 hour notice.

TEST IS THREE (3) HOURS LONG OR MORE! Your Doctor believes you might be having difficulty digesting and absorbing the milk sugar lactose. There is a simple and painless test which can be done to help determine how well you absorb sugar. It requires that some of the breath you breath out be collected after you drink a solution of milk sugar and water. The breath will be analyzed for the presence of hydrogen, which is not usually found unless you cannot absorb the milk sugar.

FOLLOW A LOW FIBER DIET FOR 3 DAYS PRIOR TO THE TEST

PREPARATION for the test:

1. If tolerated, stop medication such as: Miralax, Dulcolax, Docusate, Amitiza, Linzess, Milk of Magnesia, Stool Softeners, Digestive Enzymes, Lactase, Metoclopramide, Domperidone and ALL OTHER LAXATIVES AND PROMOTILITY MEDICATION 1 WEEK PRIOR TO THE TEST. Please call the office if you have questions.
2. No high-fiber or slowly digesting foods the day before the test. For example: bran, coarse breads, nuts, seeds, beans, fruits, dairy products or vegetables. This will reduce the chance of hydrogen and methane being produced from other food sources during the period of the test.
3. Liquids only for dinner the night before the test (4 hours before fasting time starts). Allowed liquids are chicken broth, beef broth and water.
3. No food, liquids, medication, gum, breath mints and hard candy for at least 12 hours before the test. You may only have sips of water to drink.
4. On the day of the test you may brush your teeth making sure you do not swallow toothpaste. Please do not use mouth wash.
5. No sleeping or vigorous exercising for at least one hour before, or during the test.
6. No smoking at least 2 hour before the test.
7. **NO Antibiotics or probiotics** such as Align, Florastor, and etc. for 8 WEEKS prior to the test. Notify (or remind) the Doctor or Staff of any recent antibiotic treatment and/or runny diarrhea.

When you come in for the test, you will be asked to drink a sugar-water solution. Samples will then be taken of your exhaled breath at intervals. As comparison, a breath sample will be taken before you drink the solution. The test is simple and the entire test requires several samples taken over a period of 3 hours. During this time, you may engage in a quiet activity while waiting between samples.

NO FOOD OR LIQUIDS DURING THE TEST.

LOW FIBER DIET/DIETA BAJA EN FIBRAS

Fiber is part of fruits, vegetables and grains not broken down by the body that contributes to stool. A low fiber diet limits the amount of undigested materials that must pass through the large intestine and may help control abdominal cramping and diarrhea in some cases.

La fibra es parte de las frutas, vegetales y granos que no han sido procesados por el cuerpo y contribuyen a las heces. Una dieta baja en fibra limita la cantidad de materiales que debe pasar por el intestino grueso y que puede ayudar a controlar los dolores abdominales y las diarreas en algunos casos.

FOODS ALLOWED / COMIDAS QUE PUEDE INGERIR

- Enriched White Bread / [Pan blanco enriquecido](#)
- White Rice / [Arroz blanco](#)
- Plain pasta, noodles or macaroni / [Toda clase de pastas \(fideos, coditos macaroni, etc.\)](#)
- Cereal wt. no more than 1 gram of dietary fiber per serving / [Cereales que no contengan mas de 1 gramo de fibra dietetic por servicio](#)
- Most canned or well-cooked vegetables without seeds, hulls or skins such as carrots or string beans. / [Vegetales enlatados o cocidos sin semillas y sin la piel como la zanahoria or las vainitas \(habichuelas tiernas\)](#)
- Raw fruit without skin or membrane / [Frutas sin la piel o membrane](#)
- Fruit juice with little or no pulp / [jugo de frutas sin pulpa](#)
- Most canned or cooked fruits without skin, seeds or membrane/Frutas enlatadas sin la piel, semillas o membranas
- Tender Meat, poultry and fish / [Carnes, aves y pescado](#)
- Eggs / [Huevos](#)
- Smooth peanut butter (up to 2 tbs a day / [Mantequilla de mani \(2 cdas. diarias\)](#)
- Milk, yogurt or cheese without seeds or nuts / [leche yogurt \(sin semillas o nueces\), quesos](#)
- Fats, oils and dressings without seeds/Grasas (Manteca), aceites y aderesos sin semillas Desserts with no seeds or nuts / [Postres sin semillas o nueces](#)

FOODS DE AVOID / ALIMENTOS QUE NO DEBE COMER

Note: Limit fruits and vegetables to one to two servings a day. One serving is 1/2 cup or one small whole fruit. / [Nota: Limite sus frutas y vegetales a una o dos al dia. Un servicio de 1/2 taza de fruta/vegetales o una fruta pequena entera.](#)

- Whole-grain breads, cereals and pasta. / [Pan integral, cereales y pastas](#)
- Brown or wild rice / [Arroz que no sea blanco](#)
- Dried Fruits / [Frutas secas](#)
- Raw fruit with skin or membranes, such as oranges and grapefruit / [Frutas crudas con piel o membranas, tales como naranjas y toronjas.](#)
- Pear / [Peras](#)
- Raw vegetables / [Vegetales crudos](#)
- Dried beans or peas / [Frijoles/habichuelas](#)
- Baked Beans / [Habichuelas horneadas](#)
- Luncheon Meats and cheese with seeds / [Jamonilla y quesos con semillas](#)
- Chunky Peanut Butter / [Mantequilla de Mani con pedazoz de mani](#)
- Seeds and nuts, and foods containing them / [Semillas, nueces o alimentos que lo contengan](#)
- Coconut / [Coco](#)
- Popcorn / [Canchas/Canchitas/Palomitas de maiz](#)