

Gastroenterology & Hepatology Associates of Mid-Michigan PC
4230 Bay City Rd, Midland, MI 48642
989-839-0750

- Todd K Holtz M.D.
- Ernest Ofori-Darko M.D.
- Christina L Murphy D.O.
- Karen F Huang D.O.

BACTERIAL OVERGROWTH BREATH TEST

Patient Name _____

Appointment Date _____ Appointment Time _____

- You should **NOT** have had a colonoscopy or barium enema 4 weeks prior.
- You should avoid any bismuth preparations (Pepto Bismol) for 2 weeks prior.
- You should avoid laxatives, stool softeners or bulking agents one week prior to the test including:
Colace, Milk of Magnesia, Ex-Lax, Metamucil or Citrucel.
- Please notify your physician of any recent antibiotic treatment.

THE DAY BEFORE THE TEST

Food and drink to avoid:

Beans, pasta, red meats, fiber or bran cereals, (soda pop) cola drinks, butter or margarine and high fiber foods (whole grain).

STOP EATING AND DRINKING 8 HOURS BEFORE THE TEST.

Water is allowed up to 1 hour before the test.

THE DAY OF THE TEST:

You may brush your teeth

- You must not eat or drink 8 hours before or during the test
- No gum chewing
- No smoking
- No sleeping
- You may take your prescription medicines with a sip of water
- No exercising

THE TEST

- First you will be asked to blow into a special test tube.
- This is followed by drinking 8 ounces of the Lactulose Solution.
- You will then be asked to blow into a series of tubes at timed intervals.
- You will not be able to eat or drink anything during the test.

Your test results will be available by calling the office in one week at 989-839-0750

Thank you