

## **INSTRUCTIONS FOR PATIENTS UNDERGOING LACTOSE/LACTULOSE HYDROGEN BREATH TESTING**

1. Do not eat high-fiber cereals or other hard-to-digest carbohydrate foods (like beans) the day before the test.
2. You should fast, with only water to drink, for 10-12 hours before the test is performed.
3. Refrain from smoking for 1 hour before the test, and you should not smoke or sleep during the test.
4. Please inform the physician about any recent antibiotic therapy and/or recent severe diarrhea since these conditions can interfere with the test.
5. Plan on being at our office for up to 3 hours.