



Lactulose Breath Test for Small Bowel Bacterial Overgrowth

The breath hydrogen lactulose test will assist in determining if you have small bowel bacterial overgrowth which has been suggested to be a cause of Irritable Bowel Syndrome. In order for the test to be accurate please follow the instructions below.

It is important that you have not received antibiotics for at least two weeks before the test. It is also important not to have had severe diarrhea recently. If either one of these conditions apply to you, please inform our office before starting the test.

- 24 hours before the test **do not** eat the following:
 - High fiber foods such as: High fiber cereal, bran, whole wheat bread, nuts, beans, corn and popcorn
- Stop all intake of fiber and/or lactose enzyme supplements at least 24 hours prior to the test.
- The night before the test **do not** eat the following:
 - Vegetables, beans or other legumes, starches or any products that could contain milk sugar such as milk, yogurt, sour cream, cheese and ice cream.
- The night before the test **do** eat a light meal which may include beef, fish, skinless poultry, tofu or rice.
- You should fast for 12 hours before the test, with no food and only water to drink.
- Do not sleep, exercise, or use any tobacco products for at least one hour before or at any time during the breath collection process. You may have only small amounts of water to drink during the test. In some cases, cramping and diarrhea is a normal reaction to the lactulose solution.