



## **BACTERIAL OVERGROWTH INSTRUCTIONS**

**You are scheduled for a:**

**☐ Bacterial Overgrowth Test: THIS IS A THREE HOUR TEST**

This is to test if a person has an excessive amount of bacteria in the small intestine. Some symptoms of this may include anemia, weight loss, malabsorption of nutrients, and diarrhea.

When you arrive, you will be asked to give a breath sample into a bag and then you will be given lactulose to drink. Every twenty minutes after drinking the lactulose you will need to give another breath sample. **You will do this for the next three hours and then return the box to either Utah Digestive Health Institute location.**

**South Ogden Location**

6028 S Ridgeline Drive, Suite 201  
South Ogden, UT 84405

**Layton Location**

2132 N 1700 W, Suite 310  
Layton, UT 84041

**Guidelines To Be Followed:**

- No food or drink for 12 hours before your test.
- Do not eat foods that digest slowly such as beans, bran, or coarse fiber the day before the test is performed. (See below for food options)
- No gum chewing, mints, or use of mouthwash.
- No smoking, including second-hand smoke for at least 1 hour before or at any time during the test.
- No sleeping or vigorous exercise for at least 2 hours before or any time during the test.
- No antibiotics for 2 weeks prior to the test.
- Drinking water only during your breath-test is allowed in moderation.
- Do not brush your teeth for at least 2 hours prior to your test.
- Do not take medications the morning of the test. You may resume your normal medications after you finish the test.

**Suggestions for the last meal prior to nothing by mouth can be:**

- Baked or broiled chicken or turkey (salt and pepper only)
- Baked or broiled fish (salt and pepper only)
- Plain steamed white rice
- Eggs
- Clear chicken or beef broth

If you have questions concerning your appointment or prep instructions, you can reach our office during regular office hours (M-Th 8am-5 pm & F 8:30 am-2 pm) at Ph# 801-776-7131. Or you can **text** your specific provider's medical assistant at the following #:

Dr Poole #385-888-7781

Nate McBride-PA # 385-279-4478

Dr Redd # 385-492-6633

Tamara Meyers-PA# 385-332-8733

**For any after-hours questions, you will need to call # 801-625-3170 & speak to the on-call provider.**