

Lactose Intolerance, Fructose Intolerance, and Bacterial Overgrowth

General Guidelines to Follow:

- Do not eat foods that digest slowly like beans, bran, or coarse fiber the day before the test is performed.
- No food or drink for 12 hours before your test. Avoid any candy, mints, or chewing gum the morning of the exam. Also, avoid brushing your teeth with a spearmint or peppermint flavoring.
- Do not smoke, sleep, or exercise vigorously for 30 minutes before or at any time during the test.
- No antibiotics for 2 weeks prior to the test.

You are scheduled for a:

❑ **Lactose Intolerance Test:**

People who are lactose intolerant experience diarrhea, cramping, and abdominal discomfort when they eat foods that contain lactose.

When you arrive, you will be asked to give a breath sample into a bag, and then you will be given lactose to drink. An hour later and then every thirty minutes after drinking the lactose you will need to give another breath sample. You will do this for the next three hours. You may do the test at home or work and return the bags later that day.

❑ **Fructose Intolerance Test:**

People who are intolerant of fructose usually have diarrhea that is unexplained by any other diagnosis.

When you arrive, you will be asked to give a breath sample into a bag, then you will be given fructose to drink. Every thirty minutes after drinking the fructose you will need to give another breath sample. You will do this for the next three hours. You may do the test at home or work and return the bags later that day.

❑ **Bacterial Overgrowth 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. You may do the test at home or work and return the bags later that day.