



Dr. Anubha Sinha
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Lactose Malabsorption Pre Testing Instructions

_____ is scheduled for a Lactose Malabsorption Breath Test
(PATIENT NAME)

at the HDH office on _____ at _____ AM.

This is a time sensitive test. Please arrive at your scheduled time. If you arrive 15 minutes late, you may be asked to reschedule your appointment. **The test takes 3 hours to complete.** Bring reading materials, laptop, crafts to help pass the time.

Patient Instructions and Pre-Conditions:

The day before testing, **do not eat slowly digesting foods like beans, bran or other high fiber.**

Fast after midnight (nothing to eat or drink)

You should **NOT smoke, sleep or exercise vigorously for at least 1/2 hour before, or at any time during testing.**

If you've had any recent **antibiotics and / or diarrhea**, false positive reading may result. Make the nurse aware of such conditions if they have occurred.

In order for the test to be accurate you should **not** take

Antibiotics for 7 days before the test

Probiotics for 10 days before the test

Please call the office if you start any of the above medications or, if you have questions about your current medications interfering with the test.

PREPARING FOR PROCEDURE:

On the day before your procedure you may have **water only** after 7:30PM.

You must **fast after midnight** (nothing to eat or drink)

On the day of your testing at drink **12 oz. of any milk** (whole, skim etc.) **3 hours prior** to to your office appointment.

Then, nothing by mouth. NO GUM OR MINTS THE DAY OF YOUR PROCEDURE.

DAY OF PROCEDURE:

If you take daily medications for your **heart, lungs, or blood pressure** take them as prescribed.

If you are Diabetic, wait until after your procedure to take your AM medication with food.