

## Lactose Breath Test

### Patient Instructions:

- 1) You should not have eaten any slowly digesting foods, like beans, bran, or other high fiber cereals the day before testing.
- 2) You should fast for 12 hours, with **NO FOOD OR WATER** to drink before testing.
- 3) **DO NOT BRUSH YOUR TEETH THE MORNING OF THE TEST!!!**  
**This includes dentures. Please soak in water or brush with water, do not use toothpaste or any denture cleansers the night before or morning of the test.**
- 4) Please do not chew gum, eat any candy or eat any mints the morning of the test.
- 5) You should not smoke, sleep, or exercise vigorously for at least ½ hour before, or at any time during the testing.
- 6) If you have been on any recent antibiotic therapy, you need to be off of them for 2 weeks before doing the test.

**Drink 12oz of Skim or Fat Free Milk three (3) hours prior to coming to the office. It is important that you wait the three hours prior to the breath test for the milk to digest otherwise it could give us false readings.**

\*\*\*This is a *time sensitive test*, please try to show up a few minutes earlier than the 3 hour mark for the test.\*\*\*

Any questions feel free to give us a call at: 978-429-2010.

Your breath test appointment is scheduled  
for: \_\_\_\_\_