

## GLUCOSE BREATH TEST

### Patient Information/Instructions

Why did my physician order this test?

The test is used to detect small intestinal bacterial overgrowth (SIBO)

What is SIBO?

SIBO is one of the most common causes of recurrent abdominal pain, bloating, and diarrhea.

How long does the test take?

Depending on the test substance used (glucose or lactulose) the test will take from 1 to 3 hours

Will I feel any pain or discomfort?

You might feel minor discomfort from ingestion of lactose including diarrhea, gas, cramping or bloating.

How do I prepare for the test?

- Do not eat or drink anything 12 hours before the test (water is allowed)
- Do not eat the following the day before the test:
  - Beans
  - Pasta
  - Meats (steaks)
  - Fiber or bran cereals or high fiber foods (whole grains)
  - Soda
  - Cola Drinks
  - Butter or Margarine
- DO NOT eat, drink, or chew gum or tobacco, smoke cigarettes, eat breath mints or candy before or during the test.
- DO TAKE prescription medications with a small amount of water.
- DO BRUSH your teeth before the test.