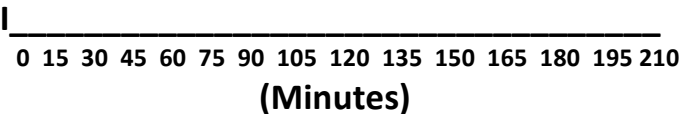


Z. Michael Taweh, MD FACP CMD
Lactose/Lactulose/ Fructose
Patient Preparation and guidelines for testing
(test may take up to 3 hrs.)

- Patients will have nothing by mouth for 13 hours prior to the test. Only water may be consumed.
 - No coffee/ black coffee/ tea
 - No Seltzer or flavored water
- Patient should avoid foods high in fiber 13 hours prior to the tests
- No smoking, including second hand smoke, for at least 1 hour prior to, or at any time during
- No sleeping or vigorous exercise for at least 1 hour prior to, or at the time during the test
- No gum chewing 12 hours prior to the test
- Recent antibiotic therapy, diarrhea or colonoscopies may affect breath tests, therefore medical staff should consult with patients about the conditions prior to performing the tests.
- If any of the above conditions apply, rescheduling the patient will possibly be necessary
- Drinking only water during your breath- test is allowed in moderation
 - **NO ANTIBIOTICS 2 WEEKS PRIOR TO THE TEST**
 - **NO PROBIOTICS 48 HOURS PRIOR TO THE TEST**
 - **PATIENTS MAY TAKE ALL MEDICATIONS AS DIRECTED EXCEPT DIABETIC MEDICATIONS**

DAY BEFORE EAT/DRINK ONLY WHAT IS LISTED BELOW

- **Baked or boiled chicken, turkey or fish**
- **Salt & pepper only** >30 l
- **No butter or oils** H2 25 l
- **Plain steamed white rice** (PPM) 20 l
- **Eggs** 15l
- **Clear chicken or beef broth** 10l
- **Water** 5 l



- **PLEASE RINSE WITH ANTISEPTIC MOUTH WASH MORNING OF EXAM**
- **PLEASE REMEMBER TO BRING A SMALL SNACK TO EAT AFTER THE TEST.**

- ___ 12 Oz whole milk. 3 hrs before test
- ___ 12 Oz Coke/ pepsi 3 hrs before test
- ___ 25 gms lactulose- will be given in office after initial HBT measurement