

Gastroenterology Group Practice, Berne

Dr. med. Clive H. Wilder-Smith, *AGAF, FRCP (Edin)*

Consultant Gastroenterologist

Preparation for fructose, lactose, sorbitol & glucose breath tests

Your symptoms are suggestive of a food intolerance, which can be tested using breath samples following swallowing of a specific sugar. Depending on the results 2 or 3 breath tests may have to be performed, each lasting approximately 5 hours on separate days. The breath test requires very specific preparations, as otherwise the results will not be valid. **Please carefully follow the instructions below.**

- **From 7 days before test:**
 - *no* antibiotics or colonoscopy.
- **From evening before test:**
 - *no* beans, peas, lentils, fruit, berries, honey, pasta, bread, dairy products (e.g. milk, yoghurt, soup or gravy mixes, cream, ice cream – butter and hard cheeses are fine) or chewing gum. An ideal meal would be rice with meat, but without gravy, additives or vegetables. Please do not drink alcohol with this meal.
- **After midnight before test:**
 - *no* food or drink, except still water up to 2 hours before start of test.
- **From 2 hours before test:**
 - *no* smoking, *no* drinking, *no* chewing gum, *no* vigorous exercise. Brush your teeth, please!

Your appointment is on ato'clock. The total test duration will be approximately 5 hours, of which the first 1.5 hours will be at our practice (please bring some reading material!). Sometimes the test can also be performed at home, in which case you will be sent instructions and all test material and you will have to return the tubes and forms to us by post. The test involves you blowing into a tube before and every hour for 5 hours after drinking the sugar solution. You must not eat or drink, except still water after 2 hours, until the test is completed.

The test may well cause the same symptoms you normally feel, including bloating, stomach cramps/pressure, diarrhoea or nausea.

Please fill in the form noting the type and intensity of symptoms you experience in the 24 hours following the test. Return the tubes and form to us ASAP. **The information on the forms should be complete, as this is important for evaluating the test result.**

Thank you for your cooperation. It will help us analyse your results accurately.