

Carle Breath Testing

Date of Breath Test: _____

Your provider has ordered one of these breath tests: lactose intolerance, fructose intolerance, or small intestinal bacterial overgrowth (SIBO). If more than one type of breath test is ordered by your provider, each test must be done on a different day because of the testing solutions used. In a small number of patients, the solution may cause loose stools. Plan to be at the breath test appointment for a total of 2-3 hours.

4 WEEKS BEFORE YOUR BREATH TEST

- NO colonoscopy or fluoroscopy (specialized x-ray) procedures.
- Do not take antibiotics, prebiotics, or probiotics.

Do not take these medications/tests before your breath test. They may change the results of the test.

7 DAYS BEFORE YOUR BREATH TEST

- DO NOT TAKE ANY: Laxatives, stool softeners, fiber supplements, Imodium™ or Loperamide, Pepto-Bismol™, Reglan.
- Avoid naturally fermented foods: Kefir, Yogurt, Miso, Sauerkraut, Kimchi, Kombucha, Apple cider vinegar, pickled vegetables, cottage cheese.

THE DAY BEFORE YOUR BREATH TEST (starting at midnight)

Fasting is recommended but if you need to eat, you may only eat the foods listed below. The goal is to starve the bacteria for one day. Failure to follow this diet will cancel your test.

Foods you can eat:

- Eggs; hard boiled, scrambled or poached, DO NOT cook with oils or butter.
- Baked or boiled chicken, fish, or turkey. Seasoned with salt and pepper only. No pre-packaged lunch meats.
- Plain steamed white rice.
- Clear chicken or beef broth. No vegetable broth.

Beverage you can drink:

- Plain water (no flavoring).

It is important to ONLY eat the foods listed above. This is to make sure the bacteria in your gut are making as little gas as possible when you start the test (giving you a low baseline reading). If you eat something that is not listed you risk getting an invalid baseline, and the testing cancelled.

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12 HOURS BEFORE YOUR BREATH TEST

- DO NOT EAT or drink anything except for water. You may take your night time medications with water.
- DO NOT SMOKE, use E-cigarettes, ingest (edible)/ smoke cannabis or be around someone smoking.

You may continue to take all your regular medications – even on the day of testing, except for the medications listed above.

MORNING OF YOUR BREATH TEST

- NO exercising.
- Remember no smoking.
- You must be awake for at least one hour before your breath test.
- Do not brush your teeth with toothpaste, you can brush with water only.
- Do not use mouth wash or denture paste.
- Do not use mints or gum on the day of the test. You may use them after the test is over.

DURING THE BREATH TEST

- Take a normal breath, close your mouth around the mouth piece and exhale normally into the bag.
- A baseline breath will be obtained. If the baseline is higher than the guidelines, we will wait 20-30 minutes and re-test. If the second reading remains high, you may be rescheduled.
- No sleeping.
- No eating or drinking.
- No exercising.

Please bring something to do for the 2-3 hours that you will be here. Bring a book, magazine, phone, I-pad tablet, etc.