



810 Valley View Blvd. Altoona, PA 16602 (814) 946-5469

Lactose Breath Test Instructions

Do not eat any bran or other high fiber cereals the day before the test is performed.

Nothing to eat 12 hours before your test. You **MAY NOT** have chewing gum, mints or any candy the morning of the test or during the test. You may have only water to drink up until ½ hour prior to the test.

Do not smoke, sleep or exercise vigorously for at least ½ hour before or at any time during the test.

Please inform the doctor or nurses about any recent antibiotic therapy and/or recent or current diarrhea. Such conditions can affect the test. You must be off antibiotics and probiotics for 10 days prior to the test.

Diabetic Patients - Reduce insulin dosage in half the evening before the test. Do not take insulin the morning of the test.

Please call the office if you have any questions regarding these instructions.

This test can take up to three hours to complete.