

Patient Name: _____

Date/Time of Test: _____

Instructions for Breath Hydrogen Testing

Your child has been scheduled for a _____ breath hydrogen test. This is an easy test to help the doctor know if your child is having trouble digesting and absorbing sugars or presence of excess bacteria. We will use lactose (milk sugar), fructose, lactulose, glucose, or sucrose (table sugar). We can only test one of these at a time.

Diet for Test- The last meal of the day needs to be before 7pm and needs to consist of a meat which can be baked, grilled, or broiled (no hotdog and/or deli-meats), plain white rice or baked/ boiled potato. The only drink your child can have is diet soda and/or water.

For example: a hamburger with no bun, steak with no bread, or chicken without the skin, white rice with no butter or gravy and plain baked/boiled potato.

Your child does not need to have anything to eat after 7 pm, which includes gum and candy. Your child can have diet soda/water until midnight.

If your child is under 12 months of age- your child can not have anything to eat or drink 6 hours before the test.

The patient should not smoke or be exposed to second hand smoke 6-8 hours before the test and should not be exposed to smoke during the test.

Antibiotics may affect the study- please notify your doctor within 2 weeks of study if child is taking them.

On the day of the test, go to the OUTPATIENT REGISTRATION DESK, located on the second floor, and register. After you have registered, have a seat. The G.I. Nurse will either call you or come to get you for your test. Once you get to the G.I. lab your child will be asked to blow into a bag (just like blowing into a balloon). For the children that cannot blow up a balloon, a mask will be used to collect the breaths in the bag. After he/she drinks the solution breaths will be collected every 30 minutes for the next 3 hours. The breaths that fill the bags will be analyzed for hydrogen. We are then able to tell if the sugar was absorbed or if it passed on into the large intestine and was broken down to produce hydrogen.

After the last specimen is collected you may leave. Your child may eat if no other tests are scheduled for that day. The results will be available in 7-10 days. If you have any questions, please call the G.I. lab at (205) 939-9020. If no one answers, please leave a message on the voice mail and someone will return your call that day between the hours of 8:30-4:30 within 24-48 hours.

