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Patient Instructions for Bacterial Overgrowth Test

You are being tested to see if you have bacterial overgrowth in your small intestine. This is a condition in which bacteria from the colon grow up into the small intestine which can lead to bloating, abdominal pain or discomfort, and diarrhea. This condition is more common among people who have had bowel surgery, diabetes, or some other disease that slows down digestion.

It is important to tell your doctor if you are taking any antibiotics or probiotics as these medicines can affect the test. You must be off antibiotics and probiotics at least 10 days before the test.

Testing Instructions

Avoid slowly digesting foods like beans, bran, or high fiber breads and cereals on the day before the test.

You must fast after midnight the day before the test. This means no food and only water to drink before the test. You may brush your teeth on the day of the test but spit out the toothpaste.

You **may not** smoke, sleep, or exercise vigorously for at least ½ hour before the test.

On the day of the test:

Plan on being at the office for up to 3 hours to complete the test.

Drink 30 grams (45ml) of Enulose Syrup, also called Lactulose, **one hour** before the test. A prescription will be sent to your pharmacy when you schedule the test. Please pick up this prescription within **7** days. After **7** days the pharmacy will re-shelf the drug and a new prescription will be required.

You will be instructed to take a deep breath of air, hold it for **5** seconds and blow into the mouthpiece in a slow and steady manner until all of the air is out of your lungs.

This activity will be repeated every 15 minutes until 3 hours have passed or the test is stopped because it is positive.

You will be informed of the results and any plan for treatment after your doctor has reviewed them.