

Glucose Hydrogen Breath Test

Please read the following information carefully.

- This is a test to diagnose small bowel bacterial overgrowth.
- We are looking to see whether the bacteria which is normally found in your large intestine has moved into your small intestine, possibly contributing to some of your symptoms.

Prior to the test

- If you have had any antibiotics in the 4 weeks prior to your test date please contact the GI Physiology Unit as soon as possible.
- Do not have anything to eat or drink (except water) for 12 hours before the test.
- Do not smoke for the 12 hours leading up to the test.
- Please take routine medication as normal on the day of test with plain water. If you are diabetic and require further advice please contact the department.

- Avoid slow digesting/high fibre foods 24 hours before the test.

Foods to **avoid** 24 hours before the test include:

- Canned and Dried Fruit, Fruit Juices, Soft Drinks and Honey
- High fibre foods (beans, oats, corn)
- Milk and dairy products
- Fibre supplements

The following foods are examples of foods that you **can** eat:

- Bread/cereals/potatoes – white/gluten-free bread, white pasta, corn flakes, rice krispies, boiled, mashed or roast potatoes (no skin)
- Fruit/vegetables
- Meat/fish/eggs/rice
- Lactose-free milk, soy/rice/almond/coconut milk

What will happen to you during the test?

- The test will take 2 hours to complete.
- To start the test you will be asked to breathe into a machine.
- You will then be given a sugary drink (75g glucose mixed with plain water).
- Breath samples will then be taken every 15 minutes to monitor your Hydrogen levels.
- The test is not painful or invasive.
- Please feel free to bring something to read to help pass the time.
- Eating, drinking, smoking or sleeping is not permitted during the test.
- There should be no side effects from this test.

If after reading this leaflet you have any queries about the test please contact:

Rachel Smith (Clinical GI Physiologist) in the GI Physiology unit on 0151 529 0411



If you require a special edition of this leaflet

This leaflet is available in large print, Braille, on audio tape or disk and in other languages on request. Please contact:

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