

# Lactose Hydrogen Breath Test

## Please read the following information carefully.

- This is a test to diagnose lactose intolerance.
- We are looking to see if you do not produce enough of the enzyme lactase which allows the body to absorb lactose.
- We do this by measuring the hydrogen concentration in your breath before and after consuming a test drink containing lactose.

## 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 continue all routine medication.

- 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 3 hours to complete

- To start the test you will be asked to breathe into a machine
- You will then be given a test drink (25g lactose 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
- There should be no side effects from having 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:

**Tel No: 0151 529 2906**

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