



Patient Instructions for the Bacterial Overgrowth Test

Patient Instructions Before Test

Patient Instructions and Preconditions

1. The patient should **not have eaten slow-to-digest foods like beans, bran or other high fiber foods** the day before testing. Follow the diet provided.
2. The patient should fast **after midnight**, with no food or water before the test. The patient may brush his/her teeth the days of the test but spit out the toothpaste and rinse with water three hours before the test.
3. The patient should **not smoke, sleep or exercise vigorously** for at least one-half hour before the test.
4. Ask the patient about any recent antibiotic/probiotic therapy. Make the physician aware of the antibiotic/probiotic since it can affect the test. Patient should be off antibiotics at least 7 days before testing.

Test Protocol

1. We will obtain a baseline breath sample. After this you will drink a carbohydrate solution called Enulose syrup (15cl).
2. Once the test starts you will be asked to blow into a machine every 15-20 minutes. You will be asked to do this until the test is positive or 3 hours have passed.
3. The results will be given to your doctor. Please allow a few days for your doctor to interpret the results and contact you.