

Breath Hydrogen Testing

Test date _____ Test time _____

Your doctor has asked that you be tested for the sugar circled below.

Lactose

Sucrose

Fructose

Glucose

Lactulose

Why am I having this test?

A breath hydrogen test will help your doctor decide whether or not your body is able to absorb the sugar circled above. Only one sugar can be tested at a time. If you are doing this test for more than one sugar you must allow at least 48 hours between each test.

How do I get ready for this test?

- **Do not eat or drink anything except water for 12 hours** before the test. This also means you cannot have any regular or sugar free chewing gum or breath mints. Avoid foods that produce gas (such as beans) the day before the test.
- Do not smoke, sleep or exercise for at least one half hour before or during the test.
- Please arrive 15 minutes before the test to allow time to register and check in at the clinic. The test will take two to three hours.
- If you are on an antibiotic this test should be scheduled at least two weeks after you complete your prescription.

How does this test work?

- The sugar your doctor is testing you for is dissolved in 8 ounces of water which you will drink after a baseline breath sample is collected.
- You will be asked to blow into a small collection bag. This will be your baseline breath sample. A breath sample is collected at the start of the test and then every 20 to 30 minutes during the test, depending on the sugar used.
- The breath sample obtained is put into a machine and analyzed for hydrogen. Baseline hydrogen should be low. If your body is unable to absorb the sugar you are being tested for, hydrogen is produced and an increase of it will be found in your exhaled breath.
- Bring something to read or do between sample collection times.

The staff from the Pulmonary Function Lab will give you this test. If you have questions about this test or need to reschedule please feel free to contact the Pulmonary Function Lab at **(608) 263-7000** between the hours of 8:00 a.m - 4:30 p.m.

If you are a patient receiving care at UnityPoint – Meriter, Swedish American or a health system outside of UW Health, please use the phone numbers provided in your discharge instructions for any questions or concerns.

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 11/2018 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#6636