

Lactose Intolerance, Fructose Intolerance & Bacterial Overgrowth Test Preparation Instructions

1 DAY BEFORE YOUR TEST:

- 12 hours prior to your scheduled test, discontinue all food and liquids (this includes water)
- If you are diabetic, you need to speak with your medical doctor about what to do with your diabetic medication during the fast.
- No antibiotics for 14 days prior to the test.
- No smoking the day of the test.
- No gum chewing the day of the test.
- No mouthwash the day of the test (you may brush your teeth).

THE DAY OF YOUR BREATH TEST

- Nothing to eat or drink (this includes water).
- Be at the testing facility promptly at the scheduled time.
- Bring your insurance card, license and co-pay.
- The length of the test could be up to a total of 3 hours.