

## BREATH TESTING

**Appointment Date:** \_\_\_\_\_ **Arrive by** \_\_\_\_\_

**Self-Pay Patients: Please be aware that a fee of \$235 will be required at the time of testing.**

**If you have Virginia Premier, Optima Medicaid, United Healthcare or Tricare Prime, please be advised that your insurance *requires* an authorization that can take up to 2 weeks. Please ensure we have this authorization prior to your testing.**

### **Testing Information**

**We perform SIBO and Lactose breath testing in our office.** SIBO stands for small intestinal bacteria overgrowth. These bacteria are normal within your lower intestine, but sometimes travel to the small intestine. When these bacteria digest food, they produce gasses (Hydrogen and Methane) which will be recorded throughout the length of the test ultimately indicating bacteria overgrowth.

The tests are 2-3 hours long and requires you to take short breaths into a tube every 15 minutes or every hour. After your first breath, you will be required to drink a cup of dextrose (sugar) water or lactose that will need to be finished before it is time for your second breath.

You cannot have gum, mints, or any hard candy. You may have as much water as you'd like; feel free to bring some or we can provide some for you. If you smoke, please be sure to avoid smoking one hour prior to testing and be aware that smoking during testing is not permitted.

Throughout the length of the test you must stay awake. Magazines and a television are available, but you are also free to bring something of your choice to occupy your time. Guests are welcome to accompany you, but are not allowed in the testing room due to HIPAA. If you wish to sit with them you will be asked to sit in the waiting room except during breaths.

## Patient Preparation Instructions for Breath Testing

Test is 2-3 hours long and there is space in testing room for the patient only. You may have to share the room with up to 2 other patients that are also testing.

### **NO ANTIBIOTICS OR Colonoscopies/Barium Studies 2 weeks prior to testing.**

- Patient needs to **fast for 12 hours** prior to the test. May have water during this time.
- No smoking including second hand smoke for 1 hour prior or at any time during the test
- No sleeping or vigorous exercise for at least 1 hour prior, or at any time during the test
- No antibiotics for at least 14 days prior to testing
- No probiotics the day before testing
- No antacids the day before the testing
- **NO FIBER SUPPLEMENTS** 2 days prior to testing including the day of testing
- *You may take your usual medications with water the morning of the test. If you are diabetic and take insulin, you should cut your nightly dose in half before the testing because you are fasting. Please plan to eat 2-3 hours after your arrival.*

**YOU WILL NEED TO START A DIET 24 HOURS PRIOR TO THE TESTING DATE.**

**YOU WILL ALSO NEED TO FAST 12 HOURS PRIOR TO THE TESTING (except water).**

**You may have water during the testing. NO gum, hard candy, or mints during testing.**

**24 hours prior to testing:**

**NO DAIRY, NO BREAD, NO OIL, NO BUTTER, NO SPRAYS.  
You may use salt and pepper as seasoning —  
no other seasonings/sauces allowed.**

### **Diet/Foods you may eat 24 hours prior to testing:**

- Baked or broiled chicken, turkey, or fish
- Plain, steamed white rice
- Eggs of any kind
- Chicken or beef broth
- Black coffee (no cream or sugar)
- Unsweet tea
- Water
- *Everything is required to be plain, skinless, unseasoned except salt and pepper, no sauces, etc.*

If you arrive 10 minutes past your scheduled time, you may be asked to reschedule.