
Glucose Hydrogen Breath Test for Bacterial Overgrowth

Hotel Dieu Hospital

Why am I having this test?

- Your doctor is concerned that you may have an excess of bacteria in your small bowel (where they do not belong).

How does this test work?

- Measuring the change in the amount of Hydrogen and Methane in your breath samples after you are given a specific drink may tell your doctor if you have excessive numbers of bacteria in your small bowel.
- Is this a 'Perfect' Test? No, your Doctor still need to interpret the results for each specific patient.

What will happen during the test?

- You will be asked to rinse your mouth with mouthwash.
- You will then be asked to blow through a mouthpiece into a small foil bag to collect a sample of your breath.
- You will be given a 75gm dose of glucose diluted in water, and then more breath samples will be collected every 15 minutes over a period of time.
- During the 2 hour test period it will be necessary for you to stay awake. The hydrogen and methane levels in your breath samples will change if you fall asleep.

NOTE:

If you have diabetes, you should not have this test done unless you consult with your doctor regarding your insulin treatment around the time of your test. You will be responsible for monitoring you own blood sugar levels during testing.

Please review and follow the set of instructions below:

28 days before the test

- Stop taking all antibiotics

2 days prior to the test

- Eat a bland diet, stop eating foods high in fibre, such as whole grain breads, high-fibre cereals, beans, etc.
- Stop taking probiotics
- If you use lactulose to treat constipation, this should also be stopped.

12 hours before the test

- Stop taking all non-prescription medications, ask about prescription medications at time of booking your appointment.
- Do not have anything more to eat.
- You may drink **water only**.

On the day of your test

- You may brush your teeth before the appointment, but do not swallow any fluid.
- Do not smoke for at least 1 hour before the appointment.
- **The test will take 2 hours to complete.**
- You must not **eat** or **smoke** during the collection of the breath samples.
Water only may be consumed.
- After the test is completed, you may start taking your medications again, and may eat and drink normally after you leave.

Possible side effects

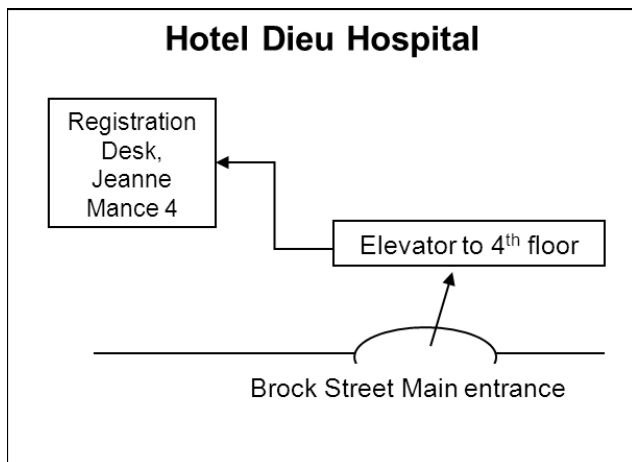
After swallowing the glucose drink, you might experience some gas buildup in your stomach or some bloating during the test and possibly later in the day.

After the test

Contact your doctor's office and book a follow-up appointment to discuss the test results.

Where do I go for this test?

This procedure is performed in the Gastroenterology (GI) Function Unit, 4th Floor, Room 473, Hotel Dieu Hospital. Please report to the Jeanne Mance 4 Registration Desk.



If you have any problems or questions, phone the GI Function Unit at 613-544-3400 ext. 2417:

- Monday & Friday 8:00am to 12:00pm
- Tuesday, Wednesday, Thursday 8:00am to 2:00pm.