PATIENT INSTRUCTIONS

APPOINTMENT DATE: ___________________________ ARRIVAL TIME: ___________________________

☐ Brigham and Women’s Hospital Endoscopy Center
☐ Brigham and Women’s Outpatient Endoscopy Center

75 Francis Street
Amory Building, 2nd Floor
Boston, MA 02115

850 Boylston Street (Route 9)
2nd Floor, Suite 202
Chestnut Hill, MA 02467

If you need to reschedule your appointment, please call the Endoscopy Center at 617-732-7426.
If you have any questions regarding the procedure and preparation, please call our Endoscopy Triage Nurse at 617-525-6814.

YOU ARE SCHEDULED FOR THE FOLLOWING PROCEDURE(S):

☐ BREATH TEST FOR LACTOSE MALABSORPTION
☐ BREATH TEST FOR BACTERIAL OVERGROWTH

PLEASE READ NOW AND FOLLOW THESE INSTRUCTIONS ENTIRELY:

Two Weeks Before the Test:

• If you are a diabetic, please talk to your doctor or call the endoscopy triage nurse at 617-525-6814 about how to take your medication in order to prevent low blood sugar.
• No colonoscopy for two weeks prior to your appointment. If you have had a colonoscopy within 14 days prior to your appointment please call to reschedule your test.

One Week Before the Test:

• No antibiotics or probiotics for one week. If you have taken antibiotics or probiotics within 7 days of your appointment please call to reschedule your test.

The Day Before the Test:

• Do not eat the following foods: grain products, fruits and fruit juices, vegetable, nuts, seeds, beans, dairy products (except eggs), meat, pasta, corn, or corn products. Some suggestions for meals include: baked or broiled chicken or turkey (salt and pepper only), baked or broiled fish (salt and pepper only), plain steamed white rice, eggs, clear chicken or beef broth.
• Do not eat or drink foods with fructose, corn syrup, sorbitol or alcohol sugars commonly found in chewing gum and candy. Regular sugar, Sweet & Low, Equal, and Stevia are OK to eat.
• The evening meal should be light. Avoid rich heavy food.
• NOTHING TO EAT OR DRINK, EXCEPT WATER, FOR 12 HOURS BEFORE YOUR TEST.

The Morning of the Test:

• NOTHING TO EAT OR DRINK, EXCEPT WATER, FOR 12 HOURS BEFORE YOUR TEST.
• You may brush your teeth and take your normal medications the day of your test.
• No vigorous exercise for one hour before or during your test.
• No smoking, including second hand smoke for at least 1 hour before or during your test.

YOUR TEST WILL TAKE APPROXIMATELY:

• Lactose Malabsorption Test – 3 hours
• Bacterial Overgrowth Test – 2.5 hours

For more information please visit: www.brighamandwomens.org/endoscopy

Updated February 2012