

## PATIENT INSTRUCTIONS

APPOINTMENT DATE: \_\_\_\_\_ ARRIVAL TIME: \_\_\_\_\_

Brigham and Women's  
**Hospital** Endoscopy Center  
75 Francis Street  
Amory Building, 2nd Floor  
Boston, MA 02115

Brigham and Women's  
**Outpatient** Endoscopy Center  
850 Boylston Street (**Route 9**)  
2nd Floor, Suite 202  
Chestnut Hill, MA 02467

**PLEASE NOTE  
THAT THIS IS IN  
CHESTNUT HILL,  
NOT BOSTON**

*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