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## Lactose Intolerance Breath Test

These instructions must be followed in order to perform the test ordered.

- **Stop** all antibiotics and probiotics (good bacteria pills) for seven (7) days prior to the test. Probiotics may include but are not limited to, Acidophilus, Lactobacillus, or yogurt. This does include frozen yogurt.
- **DO NOT** have any milk products, beans,(including green beans) nuts, soy, gum, candy, mints, artificial sweeteners, or foods that contain these ingredients 24 hours prior to testing. (Smoking cessation gum may be used the day before if you feel you cannot stop it. You may not chew it the A.M. of the test or during the test)
- **Water only after 7 p.m. the night before the procedure and nothing by mouth after midnight.**
- No smoking after midnight the day of the test. No vigorous exercise or sleep at least one (1) hour prior to the test or anytime during the test
- Brush your teeth at night and in the morning. You may rinse your mouth with mouthwash.
- You may take your morning medication with small sips of water.
- Allow three (3) hours for the test

Please arrive for your appointment 15 minutes before scheduled time.

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To schedule, please call the nursing staff at (785) 234-2940 or (888) 697-8770.