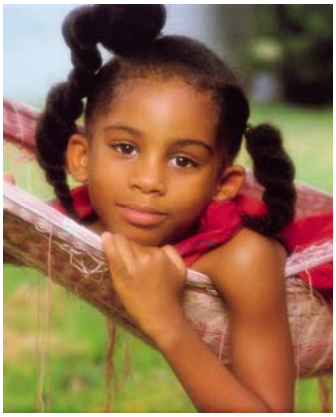
SWEDISH
PEDIATRIC
SPECIALTY CARE

*Division of Pediatric Gastroenterology and Nutrition*

# Lactose Breath Hydrogen Test
# Information for families



## About the test

Your child has been scheduled for a Lactose Breath Hydrogen Test. This will help us determine if your child is sensitive to milk products. This simple test is done in our office. Please check in at registration about 15 minutes before your scheduled time. Because of the length of this test, please bring books or videos for your child in order to pass the time.

## Before the test

Your child can have nothing to eat or drink after midnight the night before the test. Also, your child cannot have the test done if they have been on antibiotics within 2 weeks. If this occurs please call us at 206-215-2700 and we will reschedule.

## When you arrive

Upon arrival at the clinic, we will explain the test to you and your child. Your child will need to breathe into a mouthpiece that connects to a clear plastic bag. For younger children, you can practice at home before the testing day by having he/she blow bubbles. We will collect a baseline breath sample and then give your child a sweet solution to drink. After all the drink is gone, you and your child will rest in the patient room and every 30 minutes we will collect a breath sample. *This will continue for 3 hours.*

We will let you know after the 2-1/2 hour sample if you child can have something to eat, but we will need at least one more breath after that. Occasionally, we may need to collect samples even longer than 3 hours.

## Test Results

If the test is POSITIVE, you will be instructed on dietary changes that will help relieve your child's symptoms. If the test is NEGATIVE, we will review our plans with you at your next clinic visit. If the results are unclear, the physician will interpret the test and someone from the office will contact you, usually within a week.

## Pre-test Instructions

- Your child should not be exposed to smoke after 6:00 AM the day of the testing. Your child may use mouthwash the morning of your test, but is not to brush his/her teeth. He/she should not suck on candy or chew gum the morning of the test.
- IF YOUR CHILD HAS BEEN ON ANTIBIOTICS WITHIN TWO WEEKS OF HIS/HER TEST DATE, THE TEST WILL NEED TO BE RESCHEDULED.
- The night before the breath test your child should finish his/her evening meal by 8:00 pm. Your child should have nothing to eat for 10-12 hours prior to the test. Your child may drink water until midnight.
- After 2:00 pm and before 8:00 pm, you child may eat the following:
    - Protein: Meats, poultry, fish, prepared without breading or stuffing
    - Eggs
    - Carbohydrates: rice (brown or white), rice cakes
    - Fruit or fruit juices (one serving).
    - All margarine, oils, mayonnaise are acceptable
    - Water, Gatorade, tea
- The night before the test please avoid foods high in starch. See list below for these foods.
    - Bread
    - Crackers
    - Cookies
    - Cakes

(Continued)

- Food containing wheat, corn, oats, buckwheat, barley, millet, sorghum, rye, soy flour.
- Pasta
- Potatoes
- Legumes- including peas, beans, lima beans, kidney beans, lentils, and peanuts.
- All vegetables
- All soft drinks
- All dairy products - milk, cheese, yogurt, ice cream, etc.
- Pizza

*If you have any questions or concerns, please call the Pediatric Gastroenterology clinic at 206-215-2700.*

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