Glucose Hydrogen Breath Test for Bacterial Overgrowth

Why am I having this test?

- A normal sample of your breath contains Hydrogen, Methane and Carbon Dioxide.
- Measuring any change in the amount of Hydrogen and Methane in your breath samples after you are given a specific drink can tell your doctor if you have excessive numbers of bacteria in your small bowel.

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 test 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 your doctor arranges for you to have changes in your insulin treatment around the time of your test.

Follow the set of instructions below:

28 days before the test
- Stop taking all antibiotics

2 days prior to the test
- Stop eating foods high in fibre, such as whole grain breads, high-fibre cereals, beans, etc.
- If you use lactulose to treat constipation, this should also be stopped.

8 hours before the test
- Stop taking all medications.
- Do not have anything more to eat.
- You may drink water ONLY.

On the day of your test
- Do not smoke for at least 1 hour before the appointment.
• **The Bacterial Overgrowth 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.

![Hotel Dieu Hospital diagram]

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.

©Hotel Dieu Hospital
PS# 5013 – 2015-02-19