

BREATH TEST AT HOME - INSTRUCTIONS FOR USE

LACTOSE | LACTULOSE | GLUCOSE

Your surname and first name:

Date of test:

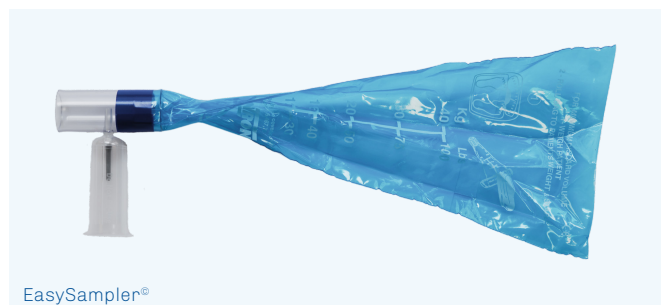
Name of the doctor who prescribed this test:

CONTENTS OF YOUR BOX

Open your box **carefully**. You will need it to take your test back to the clinic.

It contains:

- 2 documents :
 - guidelines
 - instructions for use (this document)
- 1 single dose of lactose / lactulose / glucose, depending on the test to be taken
- 1 EasySampler®
- 9 glass vials



Please note: The glass vials are ready for use.

Do **not** try to unscrew or pull off the caps, as this may prevent you from taking the test properly.

PREPARATION FOR THE TEST

It takes several weeks to prepare for a breath test. It is crucial for you to read all the instructions provided in the guidelines document before starting your test.

If you have any allergies to the ingredients in the lactose/lactulose/glucose preparation, please contact your doctor before beginning this test. This test is also contraindicated for anyone who has had bariatric surgery (gastric bypass, sleeve gastrectomy, etc.).

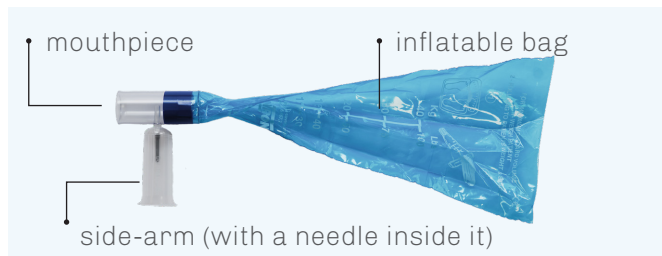
TAKING THE TEST

The test takes between 2 and 3 hours. We advise you to have a watch or timer at hand to help you stick to the indicated times. Please keep these instructions in mind throughout your test:

- ✓ Brush your teeth on the morning of your test (mouthwash is allowed)
- ✗ Don't smoke, eat or drink (except water).
- ✗ Don't sleep or do any physical exercise.
- ✗ Don't chew gum.

STEP 0: PREPARATION

- Carefully remove the EasySampler© from its packaging. It has three parts:



STEP 1: BLOW AFTER FASTING (VIAL 0)

- Take the EasySampler® in one hand and vial 0 in the other.
- Partially insert the vial into the side-arm, but not far enough to push the vial onto the needle.
- Breathe in, place your lips around the mouthpiece and then breathe out into the EasySampler®.
- As you breathe out, the bag will fill up with air that escapes into the side-arm. Continue to breathe out so that the bag stays inflated, and as you are doing so, push the vial all the way into the side-arm so that the needle pierces the cap.
- Count for 2 seconds, then remove the vial. Make sure you keep the bag inflated until you have removed the vial.
- Write down the time in column 0 of the table at the bottom of the page.



STEP 2: DRINK THE LIQUID

- Mix the contents of the lactose/ lactulose/glucose sachet into a large glass of water using a spoon. Allow it to sit for a few minutes. Drink the entire glass in one go.
- Start your timer, depending on the type of test you are taking:
 - 15 minutes for glucose or lactulose
 - 30 minutes for lactose



STEP 3: BREATHE INTO TUBES 1 TO 8

- Once this time has passed, repeat step 1 with vial 1.
- Start your timer for the same period of time, then repeat the procedure for the remaining 7 vials. Continue filling in the times in the table at the bottom of the page.

STEP 4: WRITE DOWN YOUR SYMPTOMS

During the test

Symptoms	None	Mild	Severe
Vomiting	☐	☐	☐
Stomach pain	☐	☐	☐
Bloating	☐	☐	☐
Flatulence	☐	☐	☐
Diarrhoea	☐	☐	☐

In the 24 hours following the test

Symptoms	None	Mild	Severe
Vomissements	☐	☐	☐
Stomach pain	☐	☐	☐
Bloating	☐	☐	☐
Flatulence	☐	☐	☐
Diarrhoea	☐	☐	☐

STEP 5: RETURN YOUR BOX TO THE CLINIC

- Once the test has been completed, return the 9 vials and the completed instructions for use in the original box that your kit came in.
- After your test, you have a maximum of 72 hours to drop off your kit at the endoscopy secretary's office at Clinic Saint-Jean (Monday to Friday, 8 am to 4 pm).

		0	1	2	3	4	5	6	7	8
Glucose		...	...	...	...	...	...	...	...	...
Lactulose	+15 min	...	...	...	...	...	...	...	...	...
Lactose	+30 min	...	...	...	...	...	...	...	...	...