

BREATH TEST GUIDELINES

At home or at Clinic Saint-Jean

LACTOSE | LACTULOSE | GLUCOSE



**Department of gastroenterology,
hepatology and digestive oncology**

Endoscopy



Kliniek **SINT-JAN**
Clinique **SAINT-JEAN**

www.clstjean.be

WHAT IS A BREATH TEST FOR?

If you suffer from abdominal cramps, diarrhoea, bloating, flatulence, belching, etc., your doctor may prescribe a 'breath test'.

An intolerance or fermentation will mean that some of the sugars (lactose/lactulose/glucose) that you ingest cannot be digested or absorbed in the small intestine. That means that these sugars pass into the large intestine, where they are fermented by bacteria. The gases produced by this fermentation, which are the cause of the various symptoms you experience, pass into the blood and are eliminated by the lungs. That is how we can measure these exhaled gases with a breath test.



PRECAUTIONS

Before starting your test, please read all the guidelines provided in this document.

If you have any allergies to the ingredients in the lactose/lactulose/glucose preparation, please contact your doctor before starting this test. If you have had bariatric surgery in the past (gastric sleeve or bypass etc.), you must not take this test.

HOW TO TAKE THE TEST

There are three phases to taking your test:

- 1. Preparation, 1 month before the test
- 2. The test itself, which takes about 3 hours
- 3. After the test, within 72 hours



Phase 1: preparation for the test



1 month beforehand:

- ✗ No antibiotics
- ✗ No intestinal or urinary antiseptics

15 days beforehand:

- ✗ No colon CT scans, no barium or gastrografen enemas
- ✗ No colonoscopies

3 days beforehand:

- ✗ No laxatives

24 hours beforehand:

- ✗ No high-fibre foods, wholegrains, or any of the following: mushrooms, beans, peas, sweetcorn, chickpeas, shallots, leeks, garlic, cabbage, boiled, or mashed potatoes, fries, croquettes, pasta, yoghurt, cheese, crème fraîche, chocolate, sweets, jam, syrup, brown bread, wholemeal bread, biscuits, cereals, industrially manufactured sauces, fruit (fresh or dried)
- ✗ No alcohol
- ✗ No milk

Allowed:

- ✓ Water, tea, black coffee (without milk)
- ✓ Honey
- ✓ Meat, fish, poultry (with no industrially manufactured sauce), white bread, crackers, rice, eggs, butter, vegetables (except the ones that are not allowed), cold meat slices (e.g. ham, turkey fillet, chicken fillet)

12 hours beforehand:

- ✗ Please do not eat for 12 hours before your test
- ✗ No food, chewing gum or drinks (except water)
- ✗ No cigarettes or vaping

Phase 2: during the test



The test takes approximately 3 hours:

- ✓ 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 chewing gum

At the clinic

A nurse will take care of you and explain the procedure to follow.

At home

Carefully follow the steps described in the **instructions for use** that you will find in your kit and write down all the symptoms you experience during your test.

Phase 3: after the test



At the clinic

If you experience symptoms within 24 hours of leaving the clinic, **please report them to the secretary's office** in an e-mail to endoscopie@clstjean.be stating your surname, first name and date of birth.

At home

Once the test has been completed, **return the 9 glass vials and the completed instructions for use, in the original box** that your test came in. If you experience symptoms within 24 hours of taking your test, please state them in the space provided in the instructions for use included in your box.

After your test, you have **a maximum of 72 hours to drop off your box at the endoscopy secretary's office** at Clinic Saint-Jean (Monday to Friday, 8 am to 4 pm). Please speak to somebody in the secretary's office, who will take care of the final administrative steps required for the analysis of your test.

Remember to organise your schedule around the different stages of this test.

FINANCIAL INFORMATION



- The doctors are not subject to price caps
- Whether you carry out your breath test at home or in the clinic, you will have to pay for an appointment as well as a technical procedure

At the clinic

An invoice will be sent to you a few weeks after the test.

At home

You will have to pay for your test box by card when you pick it up at the clinic. Once the test has been carried out, bring your box back to the secretary's office. You will pay by card for the technical procedure and the appointment, both of which are necessary for the analysis of your test.



ANY QUESTIONS?

We are here to provide any extra information you may need.



YOUR APPOINTMENT IS ON:



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Endoscopy

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