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Protocol for Lactose Intolerance Test/ Bacterial Overgrowth Test

Patient Instructions and Pre-Condition

1. Do not eat slowly digesting foods like beans, bran or other high fiber cereals the day before testing.
2. Do not eat large amounts of lactose containing foods such as cheese, ice cream, or yogurt the night before the test.
3. Fast for 12 hours, (no food) only water to drink before testing.
4. Do not smoke, sleep, or exercise vigorously for at least ½ hour before testing, or at anytime during testing.
5. If you had any recent antibiotic therapy and are experiencing diarrhea due to the antibiotic, notify the nurse. This may affect the test.
6. Bring 12oz of milk with you to your appointment.

Patient Test Protocol

If you meet the pre-conditions for testing as outlined above, proceed with the following protocol:

Office Visit

An alveolar (exhaled air) sample will be taken to analyze and establish a baseline for breath hydrogen (H₂). The H₂ concentration in an alveolar air sample from a healthy person who has fasted for 12 hours is normally less than 10 (ppm). Higher values for H₂ may indicate incomplete fasting, the ingestion of slowly digesting foods the day before, or if the level exceeds 10-20 (ppm) lactose intolerance or the presence of bacterial overgrowth. You will then be instructed to drink the milk. Thirty minutes after drinking the milk a alveolar sample is collected and analyzed and every 10 minutes thereafter until it reaches a level at least 5 (ppm) than the first reading. Several alveolar samples are collected. The test is complete unless the level does not reach 10 (ppm) or higher. You may be then asked to continue fasting for further testing.

Scheduled on _____, at _____ AM/PM