

## **Your Child's Lactose or Sucrose Breath Test Instructions**

- **Location:** Good Samaritan Hospital, Endoscopy Department.
- **To schedule:** please call 408-559-2179
- **Medications:** No Antibiotics for 2 weeks.
- **Only *The day before the test:***

**Diet:**

**Food not allowed:**

No grains, whole wheat bread, crackers, cookies, bran, cake or cereal.

No sauces (Ketchup, salad dressing, soy sauce, etc.).

No fruits or vegetables.

No spices (salt is OK).

No beans, popcorn, nuts or pasta.

Low fiber diet

**Food allowed:**

Cheese, plain meat, chicken or fish, butter (small amount), Jelly, milk (1 glass), water, tea, soda( not fruity), plain meat, white rice and water

**Example diet for 1 day prior the test day:**

Breakfast: white toast, cheese, milk

Lunch/Dinner: White rice (no tomatoes, vegetables), white toast, milk, water, boiled or baked chicken ( no skin, no sauce),or boiled or baked white fish.

**Activity:** Patient should eat early dinner.

**Nothing to drink or eat after midnight until the test is over.**

**Fasting for 12 hours.**

No smoking.

- ***The day of the test:***

**Patient should not sleep or exercise vigorously within ½ hour of procedure**

Bring a book/movie to entertain your child.

A breath sample is obtained every ½ hour for 4 hours.

Your child will have to drink 4 oz of fluids with lactose.