



## **LACTOSE / LACTULOSE BREATH TEST**

### **1 month before the test**

- No antibiotics.
- No intestinal and urinary antiseptics.
- No colon CT scan, no Barium or Gastrografin enema.
- No colonoscopy (endoscopic or virtual colonoscopy).

### **1 week before the test**

- No fleet (no enema)

### **3 days before the test**

- No laxatives

### **The day before the test**

#### **Forbidden**



- Mushrooms, beans, peas, corn, chickpeas, shallots, leeks, garlic, cabbages, natural potatoes, French fries, croquettes, mash potatoes, pasta, yogurts, cheese, crème fraiche, chocolate, sweets, jam, syrup, gray bread, wholemeal bread, biscuits, cereals, sauces, fruits.
- Milk, alcohol.

#### **Permitted**



- Water, tea, black coffee without milk, sugar, syrup, honey.
- Meat, fish, poultry without sauce, white bread, crispbread, rice, eggs, butter, vegetables except those forbidden, cold meats (e.g. ham, turkey fillet, chicken fillet).



### The day before the test

- Fasting from **8 pm (the day before)** if the **test happen in the morning** (no drinking, no eating, and no smoking actively or passively from 8 pm until the test).
- Fasting from **6 am (the day of the test)** if the **test happen in the afternoon** (no drinking, no eating, and no smoking actively or passively from 6 am until the test).

### The day of the test

- Please ensure you brush your teeth properly in the morning.
- Mouthwash permitted.
- No eating, no drinking, no smoking actively or passively.
- No chewing-gum.
- No physical activity before the test and don't sleep during the test.



**The test lasts 3 hours**

### After the test

Please inform us about any symptoms occurring during the test and within the next 24 hours, on this phone number:



**02/221 97 48**

#### APPOINTMENT

Date ...../...../..... at .....



*Please note you will receive an invoice including two costs:*

*- The first cost for the technical part of this test.*

*- The second one is the cost for "the consultation", because the gastroenterologist specialized in this particular test interpretation will have afterwards, to analyze the different data to enable a conclusion and allow a diagnosis.*

***In case of unavailability, please inform us in advance, at least 24h before the scheduled date. Otherwise, a fee compensation of 25 euros will be requested.***