

# Lactose Intolerance Breath Test Guidelines

Spectrum Health Contact: Laboratory Services

Document Update 8/26/2021 \*Highlight denotes new content

The Lactose Intolerance breath test must be scheduled through your provider office or through the Spectrum Health App: [mychart.spectrumhealth.org](https://mychart.spectrumhealth.org).

Testing is generally performed at the Butterworth Outpatient Lab: 100 Michigan Street NE, Grand Rapids, MI 49503. Park in Ramp 7 and walk across to the hospital via sky ramp on level 3 or across the street on 1. The Outpatient Lab is behind the front desk, through the admitting department.

## How to prepare for testing:

Prior to testing, the following restrictions and preparation instructions must be followed. Improper preparation may result in a cancelation of testing. Allow for 3.5 hours for your appointment.

1. You should not eat high fiber cereals or other hard to digest carbohydrate foods 24 hours before the test. The following foods should be avoided:
  - a. Grain Products (plain white bread is acceptable)
  - b. Fruits
  - c. Vegetables
  - d. Nuts, seeds, or beans
  - e. Dairy Products
2. Here are some suggestions for your dinner before fasting starts:
  - a. Baked or broiled chicken or turkey (salt and pepper only)
  - b. Baked or boiled fish (salt and pepper only)
  - c. Rice (plain steamed white rice)
  - d. Broth (clear chicken or beef broth)
  - e. Eggs
3. The day of the test you should be fasting for 12 hours with only water to drink before the appointment time.
4. You should not vigorously exercise, smoke, or sleep for at least 1 hour before and during the test.
5. You should have not had antibiotics for at least 2 weeks prior to testing.
6. You should not have had a colonoscopy, endoscopy, barium study (includes X-ray or CT with barium contrast), or enema within 2 weeks of testing.
7. If tolerably, you should have not had any laxatives or promotility drugs such as Dulcolax®, MiraLAX®, or Colace for at least 1 week prior to testing.

## Questions?

- For general Spectrum Health questions, including directions, please call 866.989.7999 (24-7) or Butterworth Outpatient Laboratory at 616.391.3195 (Monday through Friday, 7 a.m. to 5 p.m.)
- Questions regarding patient preparation please call the ImmunoChemistry department at 616.267.2770 (Monday through Friday, 7 a.m. to 3 p.m.)

- Questions regarding results should be directed to the provider that ordered your testing or your primary care provider.
- If patient wishes to cancel upcoming breath test appointment, they are to call the Lab Order Teams at 616.774.5600.