

## **PURPOSE**

Breath tests (H<sub>2</sub>/CH<sub>4</sub>) aim to detect intolerance to sugars (Lactose, Fructose, etc.) present in the normal diet, fresh or packaged foods or in the excipients present in medicines. These are simple screening tests to find out whether sugar intolerance or bacterial overgrowth is the cause of gastric or intestinal discomfort such as burning, fullness after meals, diarrhoea or flatulence.

## **DURATION**

Approximately three to four hours.

## **PREPARATION OF THE PATIENT (Fundamental for correct interpretation of results)**

### **- 4 weeks before the test**

No antibiotics or laxatives.

No colonoscopy, intestinal washing or contrast enema

### **- 2 weeks before the test**

Not having taken Prokinetics (Cinitapride, Domperidone, metoclopramide, etc.), not having undergone enteroscopy or gastroscopy.

### **- 48 hours before the test takes place**

No other breath test must have been taken

### **- 24 hours before the test takes place**

Do NOT eat:

- Pulses, vegetables, fruit, potatoes, nuts, sweets, chewing gum, homemade or shop-bought sweets, onions, cabbage, bread, cereals, pasta (except white rice), carbonated or alcoholic drinks, processed sausages, milk or milk derivatives (yoghurt, cheese, etc.), smoked fish.

- Foods that normally cause gastric or intestinal discomfort.

You CAN take:

- Eggs (boiled, fried, etc.), meat of any origin, white or blue fish, rice, Serrano or Iberian ham.
- Tofu
- Black coffee, no sugar or sweeteners.

None of the above foods may contain ONION, GARLIC, GARLIC, TOMATO or DRIED FRUIT SAUCE

You CAN ingest probiotics

- **12 hours before**

Fasting, you can only drink water. No

strenuous physical exercise

- **On the day of the test:**
- Take your usual medication with water, except those contraindicated by the test (antibiotics, prokinetics)
- brush teeth WITHOUT TOOTHPASTE, rinse with mouthwash to reduce oral bacteria.
- Avoid using denture adhesive
- No smoking, sweets, chewing gum or exercise of any kind.
- **During the test** you will not drink and will be at rest.

If you suffer from acute gastroenteritis during the week prior to the test, you should contact Analiza to postpone your appointment.

If you have any further questions, please do not hesitate to contact Analiza by email at [atencionalpaciente@analizalab.com](mailto:atencionalpaciente@analizalab.com) or by telephone on 914 297 541.

#### **RESPONSE TIME OR RESULT**

- 20 days