

Middlesex/Monmouth Gastroenterology

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Please follow these directions for the **LACTOSE OR LACTULOSE BREATH TEST** you are scheduled to have performed in our office. If you have any questions, please contact our office at (732) 577-1999.

**IF YOU HAVE GHI OR OXFORD COVERAGE, PLEASE
SPEAK WITH A MEMBER OF OUR STAFF!!**

LACTOSE / LACTULOSE BREATH TEST PREPARATION

- Please be aware that you will need to be at our office **FOR AT LEAST 3 HOURS** – You may want to bring something to read.
 - **NOTHING TO EAT OR DRINK EXCEPT WATER FOR 12 HOURS BEFORE** the test, (You may drink water.) – Anything other than water will interfere with the results!
 - You must be **OFF ANTIBIOTICS AT LEAST 2 WEEKS** before the test.
 - **NO SMOKING FOR AN HOUR** before the test, or during the test.
 - **DO NOT EAT ANY HIGH FIBER OR SLOWLY DIGESTING FOODS** such as bran, coarse breads, nuts, beans, corn, etc the day before the test.
 - **DO NOT SLEEP OR EXERCISE VIGOROUSLY FOR AT LEAST 1 HOUR BEFORE** the test or any time during the test.
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