



Preparing for your Bacterial Overgrowth Test

Please READ ALL instructions carefully

Advise your physician if you have been taking antibiotics in the last 30 days.

THE DAY PRIOR TO THE TEST:

- Avoid beans, brans, or other high fiber cereals, muffins & etc...
- Do not eat any food **12 hours** before your scheduled test.
- You can drink water until midnight.

THE MORNING OF THE TEST:

- You may brush your teeth, but do not swallow.
- Do not use mouthwash.
- Do not smoke, avoid any exercise of any kind.
- Do not chew gum or mints.
- Do not eat breakfast.
- You may take your medications with a sip of water.

30 MINUTES PRIOR TO THE TEST:

- Take 10 grams of Lactulose (Enoluse syrup) dissolved in 8 ounces of water (a prescription is provided), then nothing by mouth.

UPON ARRIVAL TO THE OFFICE:

- You may come alone.
- You will need to breathe into the monitor **once every 15 minutes for three hours.**