

Patient Information H₂ Breath Test

Dear Patient!

Your doctor has suggested a Hydrogen (H₂) breath test for you.

The H₂ breath test for lactose or fructose intolerance is conducted exclusively by appointment at our site: Langobardenstraße 103B, 1220 Vienna. Appointments can be made online on our website www.labors.at under the menu "Patienten - Terminvereinbarung" or by phone at 01/260 53-0.

The H₂ breath test is not covered by health insurance - labors.at charges a private fee of €39.

To obtain valid test results, please observe the following patient information. Please allocate a total of two to three hours for the test at our laboratory.

The test can only be performed on children and adults weighing at least 45 kg.

Please note that the examination will not be performed if:

- You suffer from diabetes (sugar diabetes)
- You have had a gastric resection or gastric bypass
- You are taking blood sugar-lowering medications or undergoing insulin therapy

For questions, your treating physician and the laboratory team are available at all times.

Please consider the following points to obtain valid test result:

Preparation:

- The breath test provides meaningful results only if you have not had a colonoscopy (colon examination) or taken antibiotics for at least 14 days before the test.
- Vitamin supplements and laxatives must be discontinued 3 days before the examination. Other medications may be taken with water on the day of the examination.
- On the day before the test, avoid milk and fruit juices. Additionally, do not consume onions, leeks, garlic, cabbage or beans.
- The last meal on the day before the test should not be too hearty and should be easily digestible (rice, pasta, white bread). Avoid dairy products, fruits, or fruit juices.
- You must be fasting for at least 12 hours before the test. During this time, only water is allowed.
- Smoking and gum chewing are not allowed 12 hours before the test.
- Denture wearers should not use adhesive on the day of the examination.
- It is beneficial to drink a glass of warm water on the morning of the examination, as this promotes a "wash out" of intestinal bacteria.
- Brush your teeth on the morning of the examination.

During the Examination:

- Avoid excessive physical activity (e.g., rapid stair climbing).
- Abstain from nicotine until the test is completed.
- Do not consume food and drinks until the test is complete.
- Avoid chewing gum or sucking candies during the test.

Test Procedure:

- Initially, a fasting sample is taken from exhaled air.
- Then, a test sugar (e.g., lactose = milk sugar, fructose = fruit sugar) is administered.
- Subsequent control measurements are taken every 30 minutes.

Non-Responder:

A very small percentage of the population has a composition of intestinal bacteria that do not break down non-absorbable carbohydrates (sugars) to produce hydrogen at all. This results in a negative breath test. Whether you are a "Non-Responder" patient can be determined by further evaluation by your treating physician.