

Lactose Intolerance Test (The hydrogen breath test)

The hydrogen breath test is a diagnostic test used to detect lactose malabsorption (absorption). This examination usually takes about 2–3 hours.

Before the Lactose Intolerance Test:

24 hours before the breath test, the patient:

- should not eat complex carbohydrates (whole grains, fruits and vegetables in large quantities, various porridges), use alcohol
- should not engage in extremely high intensity physical activity.
- Should not take certain medications, such as antibiotics and laxatives

12 hours before the examination

- Do not consume alcohol 12 hours prior to test or use alcohol-based mouthwash.
- The examination should be performed on an empty stomach

On the day of the breath test:

- the patient should brush their teeth and rinse their mouth with a disinfectant;
- the patient should not eat, smoke, chew gum or use other menthol-containing products for at least **2 hours** before the examination.
- the test can be performed **2 hours** after brushing teeth;
- Do not sleep or engage in physical activity during the test;
- At the beginning of the test, the patient drinks a specially prepared sugar solution;
- After 15 minutes, the first measurements of methane and hydrogen levels in the exhalation are made;
- Repeated measurements are taken every 15 to 30 minutes;