

Fructose/ Lactose/ Sucrose Breath Test - Patient Instructions

You are about to perform a challenged breath test for either fructose, lactose or sucrose. This breath test will measure hydrogen and methane gasses in an effort to diagnosis a sugar malabsorption. This test is performed after a 1-2 day prep-diet and avoidance of certain medications and supplements that effect gut motility and bacterial population density.

Neurovanna will assist you with any questions you might have along the way. You will notice another name “Quintron” on your breath collection kit and on some of the paperwork. Quintron is the manufacturer of the breath collection kits and lab machinery used at Neurovanna to analyze your breath specimens. If you have questions regarding this test, you should contact your healthcare provider or Neurovanna.

The Process

1. You purchased your Breath Test.
2. Neurovanna makes available convenient breath collection video on our website. We recommend you watch the posted video twice; immediately once you get the kit and again just before performing the testing. The videos were designed specifically for SIBO testing, but preparation and collection are the same as for fructose breath testing.
3. 1-2 day prep diet (diet outlined below).
4. Don't forget to watch collection video a second time.
5. Perform test (see instructions below).
6. You will return your breath specimens by placing them in the same box it arrived in and mailing back (USPS) to Neurovanna. Please complete and include the enclosed Patient Intake Form in the return box. We must receive your specimens within 7-days of collection.
7. Neurovanna will analyze your breath specimens and generate a custom report within 1-3 business days of receipt of your specimens.
8. Test results will be sent to the ordering practitioner. Call your ordering practitioner if you have questions. We can also assist you with any collection questions by calling 1-651-342-0427.



Follow to Video

Testing must be received by clinic 7 days after completing the test! It is recommended to mail out ASAP.

Mail Specimens (USPS postage included. Peel off shipping label and close box with it.

Ship to:

Neurovanna
105 New England Place, Suite 220
Stillwater, MN 55082

Testing for Malabsorption Breath Test

Your fructose/ lactose/ sucrose breath test was ordered to help in diagnosing a sugar malabsorption. A 1-2 day preparation diet is also required; your doctor has instructed you on the duration of the diet.

Before Testing

If you are not able to comply with these guidelines for testing, then you may not be a candidate for a breath test and your doctor can assist you in determining if another test without these preparation limits is more suitable.

- No antibiotics 4 WEEKS BEFORE TESTING.
- WAIT TWO WEEKS (14 days) after antifungals , surgery, colonoscopy, enemas, or colonics.
- 4 DAYS BEFORE YOUR TEST avoid all laxatives. This includes (high dose) vitamin C, magnesium or probiotics be used to induce a laxative effect.
- No smoking, including second-hand smoke, for at least 1 hour before or at any time during the breath test.
- No fermentable food 1 day before testing.
- No sleeping or vigorous exercise for at least 1 hour before or at any time during the breath test.

Before you start the breath test, a 1-2 day preparation is required consisting of a 1-2 day (12-36 hours) restricted diet and a 12-hour fasting period (stop eating in the early evening the day before testing and do not eat until after you test that following morning).

If you are uncertain if something will affect the test, avoid the product/ food or consult your physician prior to starting the test.

Prep Diet

If you suffer from constipation, follow the preparation diet for 2 days (36 hours plus overnight fasting). If you suffer from diarrhea, follow the preparation diet for 1 day (12 hours plus overnight fasting).

The first 12 or 36 hours is the restricted diet. Limit your foods to those below, and nothing else:

- You may drink plain water, coffee, tea (no sugar/artificial sweeteners or cream added)
- Baked or broiled chicken, fish or turkey. (Salt and pepper only) (no butter or oils)
- Plain steamed white rice
- Eggs
- Meat broth (e.g. liquid used to make slow-cooker chicken breast). Regular broth that may have been made from bones or vegetables is not allowed.

The goal of the preparation diet is to starve your bacteria in order to produce the best test results. Bacteria consume plant sugars and other plant products, so the only foods that you can have are those listed above – if it is not on this list DO NOT eat it.

Fasting Before the Test

Stop eating the evening before the morning of your test; similar to a fasting blood draw. The last 12 hours DO NOT eat or drink anything, except water.