

DIGESTIVE DISEASES CONSULTANTS

Lactulose Malabsorption Test

Patient Instructions and Pre-Conditions

1. No antibiotics 1 week prior to the test.
2. No bulking meds 24 hours prior to the test.
3. No medications the morning of the test.
4. The patient should not have eaten slowly digesting foods like beans, bran or other high fiber cereals the day before the testing.
5. The patient should fast for 12 hours before the test. Only water to drink until midnight, then nothing.
6. The patient should not smoke, sleep, or exercise vigorously for at least ½ hour before, or anytime during testing.
7. Ask the patient about any recent antibiotic therapy and/or recent or current diarrhea. Make the physician aware of such conditions if they have occurred since they can affect the test.

Patient Test Protocol

If the patient meets the pre-conditions for testing as outlined above, proceed with the following protocol:

The patient must brush their teeth ½ hour before drinking the Kristalose.

1. Have the patient fast after midnight,

Take 20g of lactulose and dissolve in 8oz of water one hour (7:30am) before the test. An alveolar sample is collected and analyzed every 15 minutes until you start to see the second peak. If you do not see the second peak after 180 minutes or 12 alveolar samples are collected, the test is complete and negative for bacterial overgrowth.

If you need to reschedule or cancel your test, please call the office 24 hours prior to your appointment.

A NO SHOW to a test will result in a NO SHOW fee of \$25.