

THE HYDROGEN BREATH TEST

PATHOLOGY IS IN OUR DNA



The hydrogen breath test diagnoses carbohydrate malabsorption, bacterial overgrowth of the small intestine and determination of time passage through the gut.

Booking the test

As the referring physician, you may specify which of the following substances should be used when performing the test:

- Lactose
- Fructose
- Glucose

As the hydrogen breath test depends on the availability of the device, it is performed by appointment only. The nurse will obtain important information from the patient, including contact information and a short medical history.

For out-patients, the nearest AmPath depot (details available at <https://www.ampath.co.za/labs>) can be contacted to assist with the necessary arrangements. The test can also be performed in-hospital at any of the AmPath hospital depots.

Patient preparation

Ideally, antibiotics should be stopped four weeks prior to the test.

This test should not be performed within four weeks of either a colonoscopy or fluoroscopy procedure.



Important information

- The test can take up to 4 - 5 hours to complete.
- Adults and children above the age of 24 months will need to fast for 14 - 16 hours prior to the test. Small sips of water will be allowed during the test. The fasting time for babies and children up to 2 years, as well as for diabetic patients, will need to be discussed and confirmed between you, as the referring physician, and the relevant pathologist.
- No medication should be taken on the morning of the test. The patient should be requested to take any chronic medication with them to the appointment so that they are able to take these as soon as the test is completed.



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The following medication should be discontinued one week prior to the test:

- Stool hardeners or softeners
- Vitamins or supplements containing fructose flavourings or lactose fillers
- Fibre supplements, Imodium or Pepto Bismol
- Pre and Probiotics
- Proton pump inhibitors and hydrogen blockers

The patient should avoid the following foods three days prior to the test:

- Grains and cereals
- Milk and dairy products
- Fruit and fruit derivatives
- Vegetables
- Nuts, seeds and beans
- Any food and beverages containing high fructose, corn syrup and sugar-free foods, ketchup, honey, mustard, mayo, etc.

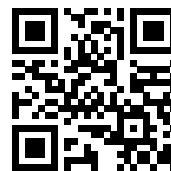
The patient should eat only the following 24 hours prior to the test:

- Baked or grilled chicken, turkey or fish with low amounts of salt for flavour only
- Plain steamed white rice
- Eggs
- Water

The test is performed as per Ampath protocols. Once the procedure is completed, all specimens are processed and test results are communicated with the referring physician for interpretation and treatment as needed.



When results count, count on Ampath as your tried, tested and trusted diagnostic partner



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