



270 Union Street
Suite 201
Lynn, MA 01901

Tel: (781) 659-0704
(800) 292-9019
Fax: (781) 659-0705
Website: www.hydrogenbreathtesting.com
E-mail: commlabs@comcast.net

Louis J. Traficante, Ph.D., DABFT
Laboratory Director

SUCROSE TOLERANCE/MALABSORPTION BREATH TEST

Your physician has requested that you perform the Sucrose Malabsorption Breath Test. This test is meant to determine whether or not you are able to digest and absorb ordinary sugar (sucrose) in your diet.

**Please take the time to read these instructions thoroughly and completely before administering the test.

KIT CONTENTS:

- One (1) 5.75" wrapped collection straw
- 6 vacuum-sealed collection tubes
- Labels for test tubes
- Pre-paid UPS shipping label for returning the test kit

TEST PREPARATION:

- 1) Be sure that on the day before the test you do not eat any high-fiber or slowly-digesting foods. Foods to avoid are: Bran, Coarse Breads, Nuts, Beans, Vegetables and any starches with the exception of Rice
- 2) Do not sleep or exercise vigorously for at least 1 hour prior to the test or at any time during the test.
- 3) Do not smoke for at least 1 hour prior to the test or at any time during the test.
- 4) **IMPORTANT:** You must do a complete fast for 12 hours prior to taking the test. **NO** food or drink can be ingested for 12 hours leading up to the test, with the exception of water
- 5) You must discontinue the use of antibiotics or probiotics at least 5 days before the test.

INSTRUCTIONS FOR DOING THE TEST

GETTING READY:

Fill out each tube label provided, labeling each tube 1-6 with your name and date on each label. **Do NOT mix up the tubes when sampling or your results will be invalid.**

PERFORMING THE TEST:

Please read the instructions below BEFORE drinking the solution or taking any breath samples.

Collection of Breath Samples:

- 1) Unscrew the top of the test tube and remove the top. Unwrap the collection straw and insert the straw halfway into the collection tube.
- 2) Take a NORMAL breath (do not inhale deeply) and close your mouth around the collection straw and exhale through the straw and into the test tube normally.
- 3) Exhale normally into the test tube for 2 to 5 seconds until you see the condensation from your breath fill the walls of the test tube.
- 4) Remove the straw from the test tube and screw the tube cap back on the top of the test tube firmly. **PLEASE NOTE:** the rubber stopper on the white test tube cap is for laboratory extraction purposes only and does not have anything to do with the breath specimen collection process.
- 5) After collecting sample #1 (Baseline) you need to drink a solution for the test. Dissolve four (4) level tablespoons (~50 grams) of table sugar (granulated sugar) in 8 ounces (250ml) of water. Stir well to be sure all the sugar is dissolved and ingest within 3-5 minutes.

You may resume quiet activity, but do not eat, smoke, sleep or exercise vigorously for the next three hours.

- 6) After drinking the solution, wait 30 minutes before collecting the next sample. You will be collecting one breath sample every 30 minutes following steps 1-4.

Collect each remaining breath samples #2-6 following steps 1-4 every 30 minutes until all tubes are used.

Record the **date and time** the breath samples were collected on each tube.

- 7) Put the 6 test tubes in the bubble bag provided. Place the bubble bag, all forms (completed entirely) back in the cardboard container and return to the laboratory for analysis immediately.

BREATH SAMPLES MUST BE RETURNED/MAILED WITHIN 3 DAYS OF COLLECTION