

How to get a H₂ breath test examination?

Dear patient,

for correct test results, it's necessary that you keep a few points in mind. This list should help you. All further queries can be clarified in the examination.

Best regards,

Labor Dr. Krause & Kollegen MVZ GmbH

Attention:

For children weighing less than 25 kg, we need accurate weight information. The child should be weighed promptly before the examination.

Test preparations:

1. These drugs should not be taken in the last 7 days before your examination:

- Antibiotics (eg for bronchitis, cystitis, etc.),
- gastrointestinal drugs (eg antacids (Renni, Maaloxan, Bullrich salt ...); acid blockers (omeprazole, pantprazole ...)).

2. These drugs must not be taken in the last 3 days before your appointment:

- Gastrointestinal remedies (eg for constipation, diarrhea, heartburn etc.)

Attention: If you currently or regularly take other drugs, we can clarify, if something is to be considered in this regard. Take your drug with you to take it immediately after the test.

For diabetics:

The H₂ breath test uses a carbohydrate on an empty stomach as the test substance. Depending on the individual function of the intestine, this may cause a rise in blood sugar. Please discuss with your doctor the blood sugar management in the preparation phase and in the course of the test. Bring your medication (especially insulin) with you. A blood glucose meter is available.

3. The following examinations may not have been performed in the last 7 days before the test:

- Colon cleansing: colonoscopy, enemas

4. Please note the following points on the day of the examination:

The day before:

- Do not eat 12 hours before the appointment, if possible only drink tap or still water.

Attention: Meals later than midday (around 12:00 pm) of the previous day must not contain carbohydrates (pasta, rice, potatoes, bread ...). On flatulent dishes (cabbage, legumes, etc.), larger quantities of fresh bread and larger quantities of fruit you should forego the day before.

Study day:

- Clean teeth without toothpaste
- don't smoke (at least 6 hours before the examination)
- no candies, chewing gum etc.
- no drugs (if possible)

Test duration:

Lactose:	3	hours
Fructose:	3	hours
Glucose:	3	hours
Lactulose:	3	hours
Sorbite:	3	hours

How the H₂ breath test runs:

1. Depending on the test, you get a glass with the corresponding substrate dissolved in water.
2. At certain intervals, you blow into a device that determines the H₂ content in your breathing air. In addition, we will perform blood sugar measurements from your finger during the lactose test

Attention: Since you have longer breaks during the test, we ask you to take some reading material (for children toys) etc.

How to contact us:

Labor Dr. Krause & Kollegen MVZ GmbH, Steenbeker Weg 23, 24106 Kiel

(Abteilung: Verwaltung, 1. OG)

Tel.: 0431/ 22 010-200 (Mo.-Fr.: 6:45 – 15:15 Uhr)

Your appointment:

Date:

Hour:

Note:

We make every effort to keep our waiting times as short as possible and reserve our appointments just right for you. We therefore ask you to appear in time for the agreed time. A short-term cancellation or non-appearance means that no other patient has the opportunity to have a breath test performed during this time.

Please support us in optimizing waiting times and cancel your appointment at least 24 hours in advance if you can not attend.

Since the health insurance companies only pay for services provided, we charge you according §611 ff, in particular §615 p.1 BGB, **20,- €** per appointment, in case you cancel an appointment less than 24 hours before or do not appear at all.