



This family education sheet explains what to expect during your child's glucose breath test.

What is a glucose breath test?

- A glucose breath test is done to see if there are too many bacteria (germs) in your child's stomach.
- Samples of your child's breath are collected before and after a glucose drink (sugar water).
- The test takes about 2½ hours.

How should I prepare my child?

- Your child must have an empty stomach for the test. **Don't give your child anything to eat or drink 12 hours before the time of the test.** This includes water, gum and candy. They can't use mouthwash. Only use a small amount of water when brushing teeth the night before the test.
- **It's very important that your child DOES NOT do any of these:**
 - ✗ Take antibiotics, bismuth products, antimicrobial herbals (oregano oil) or probiotics in the **4 weeks** before the test (talk to your child's doctor if they're taking antibiotics)
 - ✗ Take laxatives for **7 days** or have had a bowel cleanout or barium enema for **14 days before** the test
 - ✗ Take anti-diarrhea medication (like loperamide) for **2 days** before the test
 - ✗ Smoke or be exposed to secondhand smoke the day before and the day of the test
 - ✗ Do vigorous exercise 1 hour before the test or any time during the test
- We strongly recommend that your child not have many dairy products, starches or sugars (a low-residue diet) **the day before the test.**
- Explain the test to your child in simple terms. Explain why they need the test. Let them know that you'll be with them during the whole test.
- Tell your child that they'll drink 1 cup of sweet sugar water. Tell them that it's important to finish it even if they don't like the taste.

Where is the test done?

This test will be done at the Boston Children's Hospital's Needham location at 360 1st Ave., (2nd Floor) Needham. If your child is already in the hospital, the test may be done on their floor.

What happens before the test?

- **Please arrive 15 minutes before the scheduled time of the test.** It's important that you arrive on time.
- If you're late, the test may be canceled.
- Go directly to the gastroenterology (GI) suite on the 2nd floor of the building.
- We make every effort to start tests on time, but sometimes there are delays.
- When you arrive at the suite, a technician will greet you and explain the test. They can answer your questions.

What happens during the test?

- The technician will have your child blow into a small plastic bag to collect a breath sample.
- After the first sample, the technician will give your child the glucose drink. If your child uses a special bottle or cup, you may bring it to the test.
- The technician will collect breath samples every 30 minutes for the next 2 hours.
- In between samples, you and your child may sit in the waiting room. There are books and TV in this area. You may want to bring your child's favorite books and toys to help pass the time.
- **It's important that your child doesn't eat or drink anything during this time.**

What happens after the test?

Once we collect all the breath samples, your child may eat and drink. The technician will tell you when you may give your child something to eat and drink and when you may go home.

How will I find out the results?

The lab will analyze the breath samples. A GI doctor will read the results. The results will be sent to your child's primary care doctor in about 1 week. You can call this doctor for the results.

Contact us

If you have any questions or need to reschedule a test, call the Lactose Breath Lab at (781) 216-0355. Ask for the breath test technician.

This Family Education Sheet is available in Arabic and Spanish.