

Lactose Intolerance Breath Test

AD004

Read all instructions carefully before beginning.

Important information

- + Recent antibiotic therapy or diarrhoea may affect the results of the breath tests – please consult with your practitioner about these conditions prior to performing the test.
- + If you suffer from IBS, the test solution can cause the stomach to be more irritable.
- + If you weigh less than 23.68kg you will need to consult your physician to discuss a suitable dosage of the solution prior to completing this test.

Procedures, medications, and supplements:

Invivo do not recommend any changes to prescribed or regular medications / supplements without seeking advice from a suitably qualified medical professional. However, some medications / supplements are known to have an impact on the test results

Two weeks prior to testing, please consider the following:

- + Stop taking antibiotics if non-prescription.
- + Wait a minimum of 2 weeks after a colonoscopy or Barium studies before undertaking the breath test.

One week prior to testing, please consider the following:

- + Stop taking herbal antimicrobials if non-prescription.

One day prior to testing, please consider the following:

- + Stop taking laxatives if non-prescription.
- + Stop taking digestive aids such as enzymes or hydrochloric acid if non-prescription.
- + Stop taking anti-acids/acid blocking medication if non-prescription.
- + Stop taking probiotics if non-prescription.

Restrictive Preparation Diet:

The test requires the client to undertake a restrictive diet 24 hours prior to undertaking the test. It is broken down into 2 stages; 12 hours of controlled diet followed by 12 hours fasting. If you suffer from constipation, start the preparation diet 48 hours prior to testing; 36 hours of controlled diet followed by 12 fasting.

Kit contents

- + 1 EasySampler
- + 7 vacuum-sealed glass test tubes
- + 7 labels for test tubes
- + 10 grams of test solutions
- + 1 addressed mailing bag
- + 1 test requisition form
- + 2 bubble bags

Only the following foods can be consumed during the controlled preparation diet period:

- + Salt
- + Pepper
- + Baked or grilled Chicken
- + Baked or grilled Fish
- + Baked or grilled Turkey
- + Plain Tofu
- + White bread
- + Plain steamed Basmati rice
- + Plain steamed Jasmine rice
- + Plain white potatoes (skinless)
- + Eggs
- + Beef broth
- + Bone broth
- + Black tea
- + Black coffee

The foods listed are options, you do not need to consume all of them. Please **do not** consume any of the food types if you have a **known allergy or intolerance**.

Timeline:

Stage 1: Restrictive preparation diet

Option A) If constipated: 36 hours of the restrictive preparation diet.

Option B) If you are not constipated: 12 hours of the restrictive preparation diet.

Stage 2: Fasting

12 hours fasting – consume water only (normally performed overnight).

- + DO NOT brush your teeth the morning of your test, toothpaste will affect the results.

Stage 3: Testing

From 1 hour prior to taking the test until the completion of the test:

- + DO NOT smoke. This includes second hand smoke and vaping.
- + DO NOT sleep.
- + DO NOT undertake vigorous exercise.
- + Drink water ONLY, and in moderation.

For further information:

Please watch the following video: <https://www.aerodiagnostics.com/patients.html>

Please adhere to the following:

- + Do not re-pierce the test tubes.
- + Send the test kit using the applicable directions included in these instructions.

Sample Collection

Test kit preparation

Pre-write the labels with your full name and the following headings:

1. Baseline
2. Collection 1
3. Collection 2
4. Collection 3
5. Collection 4
6. Collection 5
7. Collection 6

Do not stick them to the test tubes.

Breath collection instructions

Read the instructions through carefully before drinking the solution.

Hazard: Caution, a needle is present in this test kit, please take care when handling the EasySampler.

Phase 1:

1. Hold the EasySampler in one hand and the test tube in the other.
2. Take a normal breath in (DO NOT breathe deeply), close your mouth around the mouth piece of the EasySampler and exhale into the bag.
3. Continue to blow into the mouthpiece to keep the bag inflated. While exhaling, push the test tube, rubber bung end first, into the tube holder. Inside the tube holder is a needle covered by grey safety rubber. DO NOT remove the safety rubber.
4. Keep exhaling. Ensure the rubber bung on the test tube is pierced by the needle and hold the test tube in place for 1 – 2 seconds to allow the breath to be collected.
5. Keep exhaling. Pull the test tube out of the EasySampler's tube holder. It is vital to keep the bag inflated until the test tube has been removed from the EasySampler's tube holder.
6. Stop exhaling.
7. Keep this tube separate from the empty test tubes, this is your baseline sample.
Write the following information onto the baseline sample label:
 - + Collection time
 - + Collection dateStick the label lengthwise along your completed test tube.
8. Place the baseline sample into the bubble bag provided. DO NOT seal the bubble bag.

Phase 2:

1. Drink the test solution within 3–5 minutes. If you weigh 23.68kg or more mix the entire packet contents with 236ml of water. If you weigh less than 23.68kg please consult your physician for dosing requirements.
2. Wait 30 minutes.

Phase 3:

1. Collection 1: repeat steps 1 – 6 listed in phase 1.
2. As soon as the sample is collected, write the following information onto the applicable sample label:
 - + Collection time
 - + Collection date
3. Stick the label lengthwise along your completed sample test tube at time the sample is completed.
4. Wait 30 minutes.
5. Repeat phase 3.

Phase 4:

1. Place the 7 completed and labelled test tubes into the two bubble bags provided. 5 tubes will fit into one bag.
2. Seal the bubble bags shut.
3. In block capitals write the following information on the test requisition form:
 - + Your full name
 - + Your date of birth
 - + Date of sample collection
4. Place the two bubble bags into the test kit box.
5. Place the completed test requisition form into the test kit box.
6. Place the EasySampler back into the test kit box.
7. Place the test box inside the unpaid addressed mailing bag and seal.
8. Ship the sample within 24 hours of collection