

Information sheet H₂ breath test

Your personal appointment on _____ for the diagnosis of a

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| <input type="checkbox"/> Lactose intolerance (lactose) | <input type="checkbox"/> Sorbitol intolerance (sorbitol) |
| <input type="checkbox"/> Fructose malabsorption (fructose) | <input type="checkbox"/> Bacterial miscolonisation (glucose) |

Test procedure

- The total duration of the H₂ breath test is approx. 2.5 hours.
- Only one specific test (lactose, fructose, sorbitol or glucose) may be carried out per day. There must be an interval of at least 3 days between 2 specific tests.
- 25 g fructose (2.1 BE) is used for the fructose test, 50 g lactose (4.2 BE) for the lactose test, and 50 g glucose (4.2 BE) for the glucose test.
- If a hereditary fructose intolerance exists, a fructose test is contraindicated.
- Minimum age: 6 years
- Possible side effects: Nausea, stomach aches, bloating, diarrhoea

Preparation

- 1. 4 weeks before the test:** no antibiotics and no colonoscopy
- 2. 3 days before the test:** no laxative.
- 3. The day before:** No food supplements (e.g. vitamins), probiotics and proton pump inhibitors (stomach protection). At mealtimes, **only the specified foods** are permitted; you may not consume foods/beverages that are not listed and may not chew chewing gum.
 - until 10:00: Bread roll/mixed wheat and rye bread (no wholemeal bread), butter/margarine, ham, egg, tea/coffee (without milk)
 - until 14:30: Rice, meat/fish/eggs, small quantities of steamed courgettes/tomatoes, vegetable oils, seasoning: only salt and pepper, drinks: only tap water
 - until 18:30: Rice, meat/fish/eggs, vegetable oils, seasoning: only salt and pepper, drinks: only tap water
 - after 18:30: do not eat or drink anything more except tap water
 - twelve hours before start of test: do not smoke
- 4. On the day of the examination: you must not eat or drink anything except tap water; it is necessary to brush your teeth at home!** The daily necessary medication for diabetes, blood pressure, thyroid etc. may be taken.

Costs per test (lactose, fructose, sorbitol or glucose)

€87 incl. 10% VAT (prices valid until 31.12.2025). Please note that the additional services requested by you cannot be settled with your social insurance agency and must therefore be paid for privately. If you fail to show up to the appointment or cancel the test while underway, show up not on an empty stomach or otherwise unprepared and if the test is no longer possible as a result, you will still be charged for the test. The test procedure and possible side effects have been explained to you. Please ask us if there is anything you do not understand. If an intolerance is proven to exist, we recommend a subsequent dietary consultation (here at the Allergy Centre). If you continue to have symptoms, an evaluation from a gastroenterologist is recommended.

Vienna, _____

Date

Signature of patient or legal guardian (if one parent is signing by themselves, they declare with their signature that they have sole custody or that they are acting in agreement with the other parent).