



Glucose hydrogen breath test for small intestine bacterial overgrowth

1. What is the test for?

This test is to find out whether your small bowel is infected by bacteria. Glucose is a simple sugar which travels through the small bowel. If bacterial overgrowth is present in your small bowel, the glucose will be fermented by the bacteria and this process releases hydrogen. This excess hydrogen is rapidly absorbed and then breathed out. The excess hydrogen is detected by a sensitive hydrogen meter.

2. What are the benefits of me having the procedure?

Your doctor has referred you for the glucose hydrogen breath test as you may have symptoms of bacterial overgrowth. The results of this test will help us to diagnose or rule out bacterial overgrowth.

3. How is the test carried out?

This test will take approximately **2.5 hours**. A sample of breath will be taken and analysed, and then you will be asked to drink glucose solution. Further breath samples will be taken approximately every 15 minutes for two hours. A fully trained Associate practitioner or Biomedical Scientist will perform this test.

4. What side-effects/complications are associated with this test?

This test is very safe and side effects are extremely rare. However, if you do feel unwell, please let one of the laboratory staff know immediately.

5. Preparation for the test

- Please ensure that you have not been on antibiotics for **at least 4 weeks** prior to the test. If you have, please notify the Point of Care Testing Team - see contact details below.
- Please contact the Point of Care Testing Team before the test if **you are diabetic** - see contact details below.
- **Do not** eat or drink anything from 9.00p.m. the night before the test (except plain water) and up until the test is completed.
- We recommend you stop the use of probiotics, promotility drugs and laxatives, fibre supplements or stool softeners like milk of magnesia, ex-lax and Imodium at **least one week** prior to breath testing.
- We suggest that fermentable food and drinks such as complex carbohydrates (e.g. beans, oatmeal, whole wheat bread, quinoa, potatoes, barley, brown rice, whole-grain bread, and pasta), dairy products, sugary drinks like fruit juices or squash, fizzy or soft drinks, alcohol, vitamins, chewing or bubble gums should be avoided **24 hours** prior to breath testing.
- Smoking is **not** permitted on the morning of the test or during the test.
- You may brush your teeth and have a glass of warm water on the morning of the test.

Information for Patients

Contacts:

For any clinical queries, please contact Dr Jessie Raju on **0121 424 7254** or **0121 424 0184** or **0121 371 5978**.

To change your appointment date/time at **Good Hope Hospital**, please call the Point of Care Testing Team on **07814775304**

To change your appointment date/time at **Queen Elizabeth Hospital**, please call the Point of Care Testing Team on **0121 371 5976**

POCT Team

Queen Elizabeth Hospital Birmingham

Mindelsohn Way, Edgbaston

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Telephone: 0121 3715976 or 0121 371 5978

Good Hope Hospital

Rectory Road

Sutton Coldfield

B75 7RR

Telephone: 0121 424 9320 or 0121 424 9247

If you require this information in another format, such as a different language, large print, braille or audio version, please ask a member of staff or email interpreting.service@uhb.nhs.uk.