

UMHB EXSS
HUMAN PERFORMANCE LABORATORY
DIETARY RESTRICTIONS FOR LACTOSE CHALLENGE TESTING

Directions: In addition to the instructions below for the 24- and 12-hour period prior to Laboratory and At-Home Lactose Challenge Testing, maintain your current lifestyle, including your present dietary practices and activity level.

Lactose Breath Hydrogen Test

- Please follow the below instruction for the best possible results from this test.
- If you have any questions about preparing for the Laboratory or At-Home Lactose Challenge Tests, please contact Dr Chris Lockwood at CLockwood@umhb.edu or by calling 1-254-295-5036.
- If you have diabetes, ask your primary care physician for diet and medication instructions.

PROCEDURE DESCRIPTION

What is a lactose breath hydrogen test?

This test can determine if you have a problem digesting lactose products (i.e. milk, cheese, ice cream, etc.). Symptoms of lactose intolerance include diarrhea, gas, cramping, and bloating. When lactose is combined with the normal bacteria in the intestine, hydrogen gas is expired as you breathe. You will be asked to breathe into a breath collection device and your breath will be collected and analyzed.

What are the possible complications?

This test is very safe. You may feel minor discomfort from diarrhea, gas, cramping or bloating in response to the orally ingested lactose sugar you will consume during each test.

What should I expect during my test?

For Laboratory Testing: First, a baseline breath sample will be obtained by breathing into the device. Then you will drink a lactose solution. After drinking the solution, you will wait 1 hour between each sample. Every hour for a 3-hour period, you will breathe into the device. You will collect a total of 4 samples. After the final breath collection, you will be asked to rate your stomach and digestive comfort by completing a Gastrointestinal Symptoms Questionnaire.

For At-Home Testing: You will drink a lactose solution. Three (3) hours after drinking the solution, you will rate your stomach and digestive comfort by completing a Gastrointestinal Symptoms Questionnaire.

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PREPARATION

Avoid alcohol consumption during the 7-day Treatment Phase and the 24 hours prior to each of the Laboratory and At-Home Lactose Challenge Tests.

2 weeks prior to the test:

- Antibiotics must be completed 2 weeks prior to this test.
- No colonoscopies or barium procedures 2 weeks prior to the test.
- Discontinue probiotic supplement use within 2 weeks prior to this test.

24 hours before the test:

- Avoid slowly digesting foods and high fiber foods (examples: beans, vegetables, bran, coarse breads).
- Please see the “Diet for Breath Tests” recommendations on the following pages for additional suggestions of foods to eat and foods to avoid.

12 hours before the test:

- Do not have anything to eat 12 hours before your exam. You may only have water before the test.
- *Suggestions for last meal prior to 12-hour fast:* Baked or broiled chicken or turkey (salt and pepper only), baked or broiled fish (salt and pepper only), plain steamed white rice, eggs, clear chicken or beef broth.

Day of the test:

- DO NOT smoke for at least 3/4 – hour prior to the test or any time during the test and avoid exposure to second hand smoke.
- DO NOT sleep, or exercise vigorously for at least 1/2– hour before or any time during the test.
- Be sure the medical staff is aware of any recent antibiotic therapy or runny diarrhea since it can affect the test.

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FOOD CATEGORIES	RECOMMENDED FOODS	FOODS TO AVOID
Breads, Cereal, Rice and Pasta	White bread, rolls, biscuits and croissants; melba toast Waffles, French toast, pancakes White rice, plain crackers, Saltines Cooked cereals – Farina; Cream of Rice Cold Cereals – Puffed Rice, Rice Krispies, Corn Flakes, and Special K	Breads or rolls with nuts, seeds or fruit Whole wheat, pumpernickel, rye breads, and cornbread Potatoes, brown or wild rice, buckwheat (kasha)
Vegetables	NONE	Vegetable juices Alfalfa sprouts, Beets, Green/yellow beans Carrots, Celery, Cucumber Eggplant, Lettuce, Mushrooms Green/red peppers Squash, Zucchini Broccoli, Cauliflower, Brussels sprouts, Cabbage, Kale, Swiss chard, Beans, Lentils, Corn
Fruits	NONE	Any raw or dried fruit All berries, figs, dates, raisins and prunes Fruit juices and prune juice Apple sauce, Apples, pears, oranges Apricots, Bananas, Cantaloupe, honeydew Watermelon Canned fruits, Grapes, Peaches
Milk/Dairy	NONE	Milk, Cheese, Butter Ice cream, Yogurt
Meats and other Protein	Baked or broiled chicken, turkey, or fish Eggs Peanut butter without nuts	Tough, fibrous meats with gristle Beans, peas and lentils Peanut butter with nuts Tofu
Fats, Snacks, Sweets, Condiments & Beverages	Sugar Chicken or beef broth Coffee, tea Plain cakes and cookies Gelatin Salt, pepper Pretzels	Nuts, seeds, and coconut Jam, marmalade, and preserves Pickles, olives, relish, and horseradish All desserts containing nuts, seeds, dried fruit, coconut, or made from whole grains or bran Candy made with nuts or seeds Popcorn Crackers and snack chips made with whole grains or bran Margarine, butter, oils, mayonnaise, sour cream, and salad dressing Plain gravies Clear jelly, honey, and syrup Carbonated drinks Puddings, custard, sherbet, Ketchup, mustard, ground spices High fructose corn syrup or other products that contain corn

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