



# Patient Instructions for Breath Testing

Please read for some important instructions for your upcoming breath test for bacterial overgrowth and/or lactose intolerance.

## **PATIENT INSTRUCTIONS AND PRECONDITIONS:**

- 1. This is a fasting test, the patient should have nothing to eat or drink after 10 p.m. the night before the test except water.**
- 2. The day before the test the patient should not eat high-fiber foods.**
- 3. Patient should be off all antibiotics at least 14 days before testing.**
- 4. No smoking one hour prior to or during testing. Parents or guardians accompanying children should not smoke in the presence of the child before testing.**
- 5. Please bring all insurance cards and a picture I.D.**
- 6. Please bring the request for testing if your physician gave it to you.**

**Please call (716) 626-7920 for an appointment.**

## **Testing locations:**

- Conventus Building, 1001 Main St, 2nd Floor, Buffalo, NY 14203**
- 3900 Union Rd, Suite 600, Cheektowaga, NY 14225**
- 2290 Delaware Avenue, Suite 700, Buffalo, NY 14216**
- 5959 Big Tree Rd, Suite 101, Orchard Park, NY 14127**