

Preparing for a Breath Test

Please note, the intolerance breath tests are not covered by the basic Swiss insurance, but may be covered by optional insurance packages.

Your doctor suspects that you have food intolerances. To help clarify this, various gases will be measured in your exhaled breath after you ingest a specific sugar. Please carefully note the following items in order to avoid negative effects on the test results. This preparation applies to all breath tests.

- **2 weeks before your breath test:**
Do not undergo a colonoscopy.
- **On the day before your breath test, starting at 14:00, eat only the following foods:**
Rice with meat, fish or tofu, with no other side dishes or toppings (type and cooking method do not matter). You may season with butter or hard cheese (sbrinz or parmesan), salt and pepper. You may drink only non-carbonated water.
- **On the evening before your breath test, starting at 20:00:**
Starting at 20:00 the night before, you must not eat anything more. You may continue to drink only non-carbonated water.
- **2 hours before your breath test:**
Do not have anything to drink anymore and do not smoke. Please brush your teeth as usual and refrain from vigorous physical activity. Do not chew gum or suck candies.

Taking your medicines:

You may take any medications you require up to 2 hours before the test. Do not take anything after this point.

Warning exceptions#

#Imodium, histamine blockers, gastric acid blockers, pain medication and all liquid medications:
Stop using these 24 hours before your test

#Antibiotics and probiotics: Stop using these 2 weeks before your test

Heart/circulatory drugs, thyroid drugs, contraceptive pills or antidepressants may be taken as usual.

see over



The course of the test:

You will spend approximately 1.5-2 hours at the office for your test (bring reading material with you) and the rest of the test will then be conducted at home – the test takes a total of 5 hours to complete. The test comprises taking simple breath samples and drinking a normal dose of a sugar solution once. You must fast on the morning of the test and until the test is complete (i.e. no eating, drinking or smoking); you may drink non-carbonated water only starting two hours after the test commences.

During the test, you may experience temporary symptoms such as flatulence, abdominal pain or cramps, diarrhoea or nausea. Your symptoms will be recorded on a log form (provided in the office). Analysis of these symptoms is an important component of the diagnosis. Once the test is complete, you can return the completed symptom form and the breath sample tube within 7 days to the office, between the hours of 08:00 and 17:00, or send them by post in a well padded envelope.

Questions?

If you have any questions about the breath test, please contact our office directly.

Your appointment(s) in will be held in the office located at Bubenbergplatz 11 (direct beside the Gotthard Cinema. Check in and consultation on the third floor, the test takes place on the second floor).

- Lactose on at (time)
- Fructose on at (time)
- Fructan on at (time)
- Glucose am at (time)
- Sorbitol on..... at (time)
- Sucrose on at (time)
- consultation on at (time)

Please remember to bring your health insurance card with you.

Thank you for your cooperation in preparing for the breath test.

We look forward to seeing you.

Your GGP team