

Before Plain Language Evaluation

LACTOSE TOLERANCE BREATH TEST PATIENT INSTRUCTIONS

NOTE: Patients scheduled for lactose tests are given an orange flavored lactose drink. If you have any allergies to orange flavoring, please consult your Dr. before scheduling this exam.

- **Please know your child's weight if less than 100 pounds.**

I. SPECIAL INSTRUCTIONS: Please call your doctor's office if you are unable to comply with the following pre-conditions:

- A. The patient must not eat or drink anything for 10 hours prior to or any time during the test. Only water in moderation may be consumed.
- B. The patient **must** brush their teeth but not swallow toothpaste. For pediatric patients where this may be difficult, brushing their teeth with water only is permissible.
- C. Patients should take seizure, thyroid, insulin and blood pressure medication the day of the test unless they are required to be taken with food.
- D. The patient must **NOT**:
 1. Use mouthwash the day of the test.
 2. Use breath mints or chew gum the day of the test.
 3. Take vitamins the day of the test.
 4. Smoke, including second hand smoke, the day of the test.
 5. Sleep or perform vigorous exercise for at least 1 hour or any time during the test.
 6. Use laxatives or enemas for 5 days before the test.
 7. Have taken antibiotics within the past 2 weeks.
 8. Have runny diarrhea or a colonoscopy within the past 2 weeks.
- E. The **day before the test**; the patient **should avoid** the following foods:
 1. **Grain Products**: pastas, whole grain products (including cereal and melba toast), bran or high- fiber cereal.
 2. **Fruits**: fruit juices, applesauce, apricots, bananas, cantaloupe, canned fruit cocktail, grapes, honeydew melon, peaches, watermelon. Raw and dried fruits like raisins and berries. Yogurt which contains fruit.
 3. **Vegetables**: vegetable juices, potatoes, alfalfa sprouts, beets, green/yellow beans, carrots, celery, cucumber, eggplant, lettuce, mushrooms, green/red peppers, squash, zucchini.
 4. **Vegetables from the Cruciferous family**: broccoli, cauliflower, Brussels sprouts, cabbage, kale, swiss chard, beans, lentils, corn.
 5. **Nuts, seeds, beans**: all nuts, seeds and beans, as well as foods that may contain seeds.
 6. **All dairy products** (except eggs): milk, cheese, ice cream, yogurt, butter.
 7. **Meats, Pastas, corn or products that contain corn (except those listed below).**

F. **Suggestions for the evening meal before the test:**

1. baked or broiled chicken or turkey (salt and pepper only)
2. baked or broiled fish (salt and pepper only)
3. plain steamed white rice
4. eggs
5. clear chicken or beef broth.

II. PROCEDURE:

- A.** When you come in for the test, you will be asked to drink an orange flavored sugar water solution. **The patient must finish the drink within 10 minutes.**
- B.** We will then take samples of your exhaled breath at ½ hour intervals (like blowing up a balloon). As a comparison, we will take a breath sample before you drink the solution. The procedure is simple and painless; it does not involve any needles.
- C.** We will also ask if you have any stomach discomfort (bloating, cramps, diarrhea or gas) each time we take your breath samples.
- D.** The entire test requires several samples taken over a period of 3 hours. During this time, you may engage in quiet activity while waiting between samples.
- E.** After the 3 hour sample is taken, the test is complete. You are free to leave.

After Plain Language Evaluation (adult version)

Lactose Tolerance Breath Test Patient Instructions

You are scheduled for a lactose tolerance breath test. We will ask you to drink an orange flavored lactose drink. Tell your doctor right away if you are allergic to orange flavoring.

It is very important that you follow these instructions exactly. Please let your doctor know if you have any problems doing this.

Two Weeks Before

Starting two weeks before the test and until after the test is done:

- Do not have a colonoscopy.
- You must not have runny diarrhea. Call your doctor's office if you have this.
- You must not take antibiotics. Call your doctor's office if you must take antibiotics.

5 Days Before

Starting 5 days before the test and until after the test is done:

- Do not use enemas or laxatives.

The Day Before the Test

Starting the day before the test and until after the test is done;

- **Do Not Eat These Grain Products:** all pastas, whole grain products (like whole grain cereal and melba toast), bran or high- fiber cereal.
- **Do Not Eat These Fruits:** Any raw fruit (like apples or pears), all fruit juices, applesauce, apricots, bananas, cantaloupe, canned fruit cocktail, grapes, honeydew melon, peaches, watermelon. Raw and dried fruits like raisins and berries. Yogurt that has fruit.
- **Do Not Eat These Vegetables:** Potatoes, alfalfa sprouts, beets, green/yellow beans, carrots, celery, cucumber, eggplant, lettuce, mushrooms, green/red peppers, squash, zucchini, vegetable juices.
- **Do Not Eat Vegetables From the Cabbage Family:** Broccoli, cauliflower, brussels sprouts, cabbage, kale, swiss chard, beans, lentils, corn or corn products.
- **Do Not Eat All Nuts, Seeds, and Beans:** All nuts, seeds and beans, as well as foods that may contain seeds.
- **Do Not Eat Dairy Products:** For example, no milk, cheese, ice cream, yogurt, or butter. You may eat eggs.
- **Do Not Eat These Meats:** Beef, pork.

We suggest you eat:

- Baked or broiled chicken or turkey (with salt and pepper only)
- Baked or broiled fish (with salt and pepper only)
- Plain steamed white rice
- Eggs
- Clear chicken or beef broth.

10 Hours Before the Test

- Do not eat or drink.
- You can drink water, but no more than 16 ounces (two regular sized glasses).

Day of the Test

- You **must** brush your teeth, but do **not** swallow toothpaste.
- Do not use mouthwash.
- Take any thyroid, seizure, insulin, and blood pressure medication **unless** you must take them with food. Take other medications once the test is done.
- Do not take vitamins.
- Do not use breath mints or chew gum.
- Do not smoke or be around anyone who smokes (second hand smoke).
- An hour before the test, do not sleep.
- An hour before the test, do not do any hard physical exercise.

Breath Test:

- When you come in, we will first test your breath when you exhale. We will then ask you to drink 8 oz of an orange flavored sugar /water mix. **You must finish the drink within 10 minutes.**
- We will then take samples of your exhaled breath every half hour for 3 hours. The test is like blowing up a balloon, and is simple and painless.
- During the 3 hour time period, you may do quiet activities while waiting between samples, like reading. You can leave the test area. **You must not fall asleep or do any hard physical activities.**
- After we take the last sample, the test is complete and you can leave. Call your doctor the next day for your results.

This document has been reviewed for plain language by the staff of the Maxwell & Eleanor Blum Patient and Family Learning Center.

Plain Language Evaluation Editing Notes:

Format

- Font size increased to 12
- Font changed to Times New Roman
- All capitalization removed
- Bullets changed to dot

Organization

- Ordered information chronologically
- Added subheadings
- Changed to two documents: one for adult, one for pediatrics

Style

- Changed to personal pronouns. “You are scheduled” **instead of** “Patients scheduled for a lactose test.”
- Changed to active voice. “We will give you” **instead of** “...patients are given.”
- Word choice simplified. “Need to” **instead of** “required.”
- Vague terms clarified. “You can drink water, but no more than 16 ounces (two regular sized glasses)” **instead of** “Only water in moderation can be consumed.”
- Removed medical jargon. “..if you have any problems doing this” **instead of** “comply with the following preconditions.”