

## Patient instructions for sugar intolerance testing by breath test (lactose, fructose, fructan, sorbitol)



The test kit consists of a single-use bag for collecting exhaled air and glass tubes for storage of air samples. The vacuum-filled tubes store samples of your exhaled breath, from which concentrations of different gases will be measured at a later time. Do not stick your finger in the tube holder, as it contains a sharp needle!

In total you will collect 6 breath samples as described below: one sample immediately before you swallow the sugar (lactose, fructose, sorbitol or fructan) and then one sample each at 1, 2, 3, 4 and 5 hours after the sugar. Please complete the symptom chart after at each time-point, including for the period after the last breath sample (5 – 24 hours after sugar). Still water is permitted 2 hours after the sugar and food only after the last breath sample.

### Collecting exhaled breath samples

Please read the directions before collecting a sample. Call us for further instructions if you do not completely understand all aspects of the collection process. Ensure the tubes are numbered and labelled with your name and birthdate.



1. Take a normal breath, close your mouth around the blue mouthpiece and exhale smoothly. **DO NOT PUSH THE GLASS TEST TUBE ONTO THE NEEDLE IN THE HOLDER YET !** As you exhale, the blue bag will fill with air, some of which will vent through the small openings at the end of the bag.



2. Continue to exhale into the mouthpiece to keep the bag inflated and now firmly press the stoppered end of the glass tube against the end of the tube holder so that the stopper is punctured by the needle in the needle holder. This will ensure the tube is filled with your exhaled breath.



3. After 2 to 3 seconds pull the glass tube out of the tube holder and set it aside. **KEEP THE BAG INFLATED BY EXHALING UNTIL AFTER THE TEST TUBE IS REMOVED FROM THE TUBE HOLDER !** This entire procedure can easily be completed with one breath of air.

- Repeat steps 1 - 3 with the remaining glass tubes at the predetermined time intervals.
- Complete the form with your symptoms and the sampling times. This is important.
- Deliver the completed forms and the glass tubes to the practice/clinic as soon as possible.