

Bacterial overgrowth test – lactose

What does the test involve?

This test involves taking samples of your breath on arrival and at 30 minute intervals after a lactose drink. The test should take about three hours so you may wish to bring a book or magazine to help pass the time. This should enable us to check for lactose intolerance.

What preparation is required?

Please do not have anything to eat or drink for six hours before test. No antibiotics for four weeks before the test – if you have taken antibiotics in the four weeks prior to the test, please contact us as soon as possible. Please bring a list of current medications with you.

Where is the test carried out?

Please report to the Louise Ryan Unit on the lower ground floor of the Royal Free Hospital at the date and time specified in your appointment letter. We aim to see patients on time and therefore if you are more than 15 minutes late we may not be able to proceed with your test.

The result of the test will be sent to the referring consultant who will make a decision about the need for further treatment. This will be communicated to you either by letter, telephone appointment or clinic appointment.

Attendance policy

If you are unable to attend, please contact us as soon as possible on 020 7830 2923. If you fail to attend without giving advance notice, a further appointment will not be issued and your doctor will be informed of your non-attendance.

Hospital transport

If you need transport for medical reasons, please ring 020 7510 4228 and you will be assessed for suitability.

Further information

If you would like to speak to someone personally please contact us on 020 7830 2923 and the staff in the unit will be happy to answer any questions you may have. Please feel free to bring a friend or family member with you who can stay with you throughout the procedure if you so wish.