



GASTROENTEROLOGY INSTITUTE
of Southern California

The Trusted Choice for Advanced, Compassionate Care

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Lactulose Breath Test Instructions

The breath test will last 2.5 hours

- No antibiotics 14 days prior to the test (Amoxicillin, Erythromycin, Xifaxan, Neomycin, etc.)
- No acid suppressing medication and Probiotics up to one day before the test (Dexilant, Prevacid, etc.)
- Wait 30 days after colonoscopy procedure (or after taking a bowel cleanse) to have testing performed.

The day before scheduled test, modify your diet as follows until 7:00 pm

- You may eat fish, poultry, vegetables, rice and potatoes.
- NO beans (i.e. lentils, peas), nuts, soy (tofu), heavy meats (i.e. steak), pizza, or hamburger. Limit dairy intake (NO yogurt).
- No food or drink after 7:00 pm – water is okay before midnight. No gum chewing, smoking, or mints after midnight.
- Brush your teeth in the morning with only mint flavored toothpaste and mouthwash is acceptable.
- You may take scheduled medications at least 2 hours prior to the study with small sips of water although it is preferable that medications be taken after you finish your breath test.

You may bring a laptop, iPad, reading material or any other type of electronic device that can help you pass along time for the 2 ½ hours

If you are unable to keep your appointment, please contact our office at least 24 hours in advance to avoid cancellation fees.

For questions regarding billing, please call the office.