

PATIENT INFO

Locations for breath test H₂ / CH₄ (by appointment)

Basel	Spalenring 147 T +41 61 486 12 92 Mon – Fri 07:30 – 18:00 h
Bern	Viktoriastrasse 72 T +41 31 330 17 17 Mon – Fri 07:30 – 17:00 h Sat 10:00 – 12:00 h
Biel / Bienne	Gartenstrasse 9 T +41 32 329 56 56 Mon – Fri 08:00 – 17:00 h Sat 08:30 – 11:30 h
Epalinges	Route de la Corniche 3 T +41 21 321 28 30 Mon – Fri 07:30 – 14:00 h
Genève	Chemin Beau-Soleil 22 T +41 22 839 53 91 Mon – Fri 07:30 – 18:00 h Sat 08:00 – 11:00 h
Lugano	Via Serafino Balestra 27 T +41 91 910 99 11 Mon – Fri 08:00 – 16:00 h
Samedan	Spital Oberengadin Via Nouva 3 T +41 848 121 121 Mon – Fri 08:00 – 17:00 h
Winterthur	Brunngasse 6 T +41 848 121 121 Mon – Fri 08:00 – 13:00 h, 14:00 – 16:00 h
Zürich	Hardturmstrasse 133 T +41 848 121 121 Mon – Fri 08:00 – 16:00 h

Breath test H₂ / CH₄
Preparation and procedure

Information

Lactose or fructose malabsorption / intolerance as well as bacterial colonization in the small intestine are investigated in a breath test by analyzing hydrogen (H₂) and methane (CH₄) in the exhaled air.

Preconditions

- Children must be able to blow into the mouthpiece under guidance
- If a bacterial colonization of the small intestine is suspected, a lactulose or glucose test is recommended first

Preparation

4 weeks prior to the test

No antibiotic, no colonoscopy or bowel X-ray examination

3 days prior to the test

No laxatives or medicines that affect bowel movement (e.g. lactulose, Paspertin, Motilium, Primperan, Imodium)

1 day prior to the test

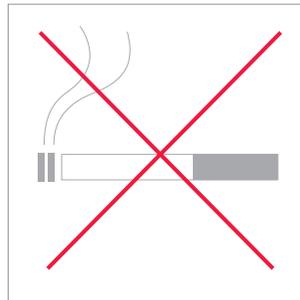
No lentils, beans, peas, pasta, fruit, milk or digestive enzymes

→ Recommended: White rice, poultry, fish and still water

Please **do not** eat, drink, smoke, have chewing gum or sweets after 20:00 h

On the day of the examination

- **Do not** eat, drink, smoke, have chewing gum or sweets
- You may only rinse out your mouth with water
- Do not take any medication before the test, but bring it along with you for consumption after the test
- Avoid physical exertion



Procedure

Your presence in the outpatient clinic is required during the entire test period.

After ingesting the liquid test substance, breath samples are taken at regular intervals.

Test substance	Adults	Children
Lactose	25 g	1 g / kg body weight up to a maximum of 25 g
Fructose	25 g	1 g / kg body weight up to a maximum of 25 g
Lactulose	15 mL Duphalac Sirup = 10 g lactulose	1 g / kg body weight up to a maximum of 10 g
Glucose	75 g	1 g / kg body weight up to a maximum of 75 g

The test can take up to 4h. We recommend that you bring something along to keep you occupied between the individual breath tests.

Complaints such as flatulence, nausea, abdominal cramps and diarrhoea may occur and must be documented with details of the time. These may persist after the end of the test.

For this reason, you should not plan any major activities or important appointments afterwards.