

Dok. Typ wird gefüllt	Dok. Referenznummer wird gefüllt	Rev.-Stand Rev 00	Erstellung / Überarbeitung wird gefüllt	Inhaltliche / Fachliche Prüfung wird gefüllt
QEP wird gefüllt	wird gefüllt			
Preparing for H2-Breath-Test Fructose Lactose Fructose Sorbitol				Veröffentlichung / Freigabe wird gefüllt

Your appointment:

H2-Hydrogen Breath Test (lactose, fructose, glucose, sorbitol):

The test will take up to 2¹/₂ hours. Please stay sober and don't eat, drink or smoke during this time!

The day before your test:

You may have a normal breakfast until 8:00 a.m.

After 8:00 a.m. you may **drink only water** or unsweetened tea. Please **don't eat any carbohydrates** (*for example: **no toast, bread, noodles, potatoes, fruits and eggs!***).

You can eat green salad, boiled meat, chicken breast, poached fish, clear chicken.

Don't eat any finished products (*for example: no instant soups or prepared foods*). It is also possible that some sausages may contain lactose. Please pay attention to the ingredient list!

Please have **your last meal** until 8:00 p.m. (20.00 Uhr).

On the day of your test:

- **Don't eat (this also includes chewing gum and candy), drink or smoke until the examination is completed.** You may only drink still water until 1 hour before the test.
- Take no medications.
- Your teeth can be cleaned, but please avoid mouthwash or breath mints.
- If you have a sorbitol breath test: Please brush your teeth without toothpaste the evening before the examination and also on the morning of the test.

Please inform us at least 24 hours in advance if you are unable to keep your appointment. Phone: 069-2992 5370

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