



## Having a Hydrogen Breath test



### **Endoscopy Department**

This leaflet provides information about your Hydrogen Breath test. It aims to answer any questions you may have about the procedure and explain what will happen on the day of the procedure.

## Introduction

Your Doctor has advised that you should have a test called a Hydrogen Breath Test

This test will be undertaken at The Royal Shrewsbury Hospital.

This leaflet tells you why you need the investigation, how to prepare for it and what to expect afterwards. If you have any remaining concerns or queries when you have read this leaflet, please telephone:

**Endoscopy department, The Royal Shrewsbury Hospital:** 01743 261 000 ext. 1064

Monday – Friday 08:30 am – 16:30 pm      Saturday 08:30 am – 12:30 pm

Please do not bring valuables to the hospital. We cannot accept any responsibility for the loss or damage to personal property during your time on these premises.

**Please note this test is only done by specific nurses on certain days.**

## What is a Hydrogen Breath Test?

We do two Hydrogen breath tests, your doctor will have referred you for a specific type.

### Glucose Breath Test

This test is testing for either an intolerance to sugar or a small intestinal bacterial overgrowth (SIBO).

### Lactose Breath Test

This test is testing for a Lactose intolerance.

## What should I expect?

When you arrive at the Endoscopy Unit please report to reception and you will then be asked to take a seat in the waiting area.

The Breath Test Nurse will invite you through when ready and will ask you questions about your health, explain about the Breath Test and then proceed with the test. You will have the chance to ask any questions that you may have.

Please bear in mind that there may be a slight delay before you are taken through for your procedure; however a relative or friend is more than welcome to wait with you.

## **The Hydrogen Breath Test**

Both tests start by the nurse asking you to swill your mouth with a mouthwash and then taking a baseline breath sample. The breath sample involves breathing into a machine via a tube, this machine then gives a reading of the amount of hydrogen in your breath.

### **Glucose Breath Test**

You will then be asked to drink a glucose drink. You will then have breath samples taken by the nurse every 15 minutes for an hour. Please expect to be in the unit up to two hours.

### **Lactose Breath Test**

You will then be asked by the nurse to drink a lactose drink. You will then have breath samples taken by the nurse every 15-30 minutes for 2 hours. Please expect to be in the unit up to three hours.

## **After the Hydrogen Breath Test**

You will be advised to restart any omitted medications and eat and drink as normal.

## **When will I receive the results?**

The nurse will document all your hydrogen readings and these will be sent back to your referring doctor. You will be given results at a later date by your referring doctor.



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## Additional information is available from:

If you are worried or have any questions please do not hesitate to contact the Endoscopy unit

Tel: 01743 261064

## Useful websites:

For further information on a patient's journey please refer to the link below:

<https://www.sath.nhs.uk/wards-services/az-services/endoscopy/>

- **CORE - Digestive Disorders foundation**

Provides information leaflets on a wide range of digestive disorders. For patient information leaflets, send a stamped addressed envelope stating any information you require to the following address:

Address: CORE, 3 St Andrews Place  
LONDON, NW1 4LB  
Telephone: 020 7486 0341 (this is not a helpline)  
Fax: 020 7224 2012  
Email: [info@corecharity.org.uk](mailto:info@corecharity.org.uk)  
Website: [www.corecharity.org.uk](http://www.corecharity.org.uk)

## Other Sources of Information

### NHS 111

A fast and easy way to get the right help, whatever the time. NHS 111 is available 24 hours a day, 365 days of the year.

Telephone: 111 (free from a landline or mobile)

Website: [www.nhs.uk](http://www.nhs.uk)

### Patient UK

Provides leaflets on health and disease translated into 11 other languages as well as links to national support/ self-help groups and a directory of UK health websites.

Website: [www.patient.info](http://www.patient.info)

### Self Help & Support Groups

A selection of websites providing access to good quality patient and consumer health information, covering specific age groups and conditions.

Also includes Shropshire Community Directory which contains up-to-date information on community groups, clubs, societies, organisations, support groups and self-help groups covering Shropshire and its borders.

Website: [www.library.sath.nhs.uk/find/patients/](http://www.library.sath.nhs.uk/find/patients/)



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## Patient Advice and Liaison Service (PALS)

PALS will act on your behalf when handling patient and family concerns. They can also help you get support from other local or national agencies. PALS is a confidential service.

Royal Shrewsbury Hospital  
Princess Royal Hospital, Telford

Tel: 01743 261000 Ext 1691  
Tel: 01952 641222 Ext 4382

## Disclaimer

This leaflet is provided for your information only. It must not be used as a substitute for professional medical care by a qualified doctor or other health care professional. Always check with your doctor if you have any concerns about your condition or treatment. This leaflet aims to direct you to quality websites: these are correct and active at the time of production. The Shrewsbury and Telford Hospital NHS Trust is not responsible or liable, directly or indirectly, for ANY form of damages whatsoever resulting from the use (or misuse) of information contained in this leaflet or found on web pages linked to by this leaflet.

**Website: [www.sath.nhs.uk](http://www.sath.nhs.uk)**

Information Produced by: Endoscopy Department

Date of Publication: January 2019

Due for Review on: January 2022

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