

# PROTOCOLS FOR BREATH TESTS

## STANDARD DOSAGES AND SAMPLING INTERVALS

Breath Test	Dosage	Mixing	Sample Intervals
<b>Lactose Intolerance</b>	<ul style="list-style-type: none"> <li>• <b>Max Dose = 25g</b></li> <li>• Patients 55 lbs (24.9kg) or greater = 25g Lactose</li> <li>• Patients less than 55 lbs (24.9kg) = 1g of Lactose for each 2.2 lbs (1kg) of patient weight.</li> </ul>	Mix dose of Lactose in 8-10 ounces of water.	Collect Baseline, drink mixed Lactose and collect a single breath sample each hour for 3 hours. (4 Samples Total)
<b>Fructose Intolerance</b>	<ul style="list-style-type: none"> <li>• <b>Max Dose = 25g</b></li> <li>• Patients 55 lbs (24.9kg) or greater = 25g Fructose</li> <li>• Patients less than 55 lbs (24.9kg) = 1g of Fructose for each 2.2 lbs (1kg) of patient weight.</li> </ul>	Mix dose of Fructose in 8-10 ounces of water.	Collect Baseline, drink mixed Fructose and collect a single breath sample each hour for 3 hours. (4 Samples Total)
<b>Sucrose Intolerance</b>	<ul style="list-style-type: none"> <li>• <b>Max Dose = 50g</b></li> <li>• Patients 110 lbs (50kg) or greater = 50g Sucrose</li> <li>• Patients less than 110 lbs (50kg) = 2g of Sucrose for each 2.2 lbs (1kg) of patient weight.</li> </ul>	Mix dose of Sucrose in 8-10 ounces of water.	Collect Baseline, drink mixed Sucrose and collect a single breath sample every 30 minutes for 3 hours. (7 Samples Total)
<b>Small Intestinal Bacterial Overgrowth (SIBO):</b>  <b>Option 1: Glucose (Dextrose)</b>	<ul style="list-style-type: none"> <li>• <b>Max Dose = 100g</b></li> <li>• Patients 220 lbs. (100kg) or greater= 100gm of Glucose</li> <li>• Patients less than 220lbs (100kg); mix 1 Tablespoon of Dextrose/Glucose to each 23 lbs (10.4kg) of patient's weight into 8-10 oz of water.</li> <li>• Alternatively, for more accurate dosing, mix 1g of Dextrose/Glucose for each 2.2lbs (1kg) of patient body weight.</li> </ul>	Mix dose of Glucose (Dextrose) in 8-10 ounces of water.	Collect Baseline, drink mixed Glucose (Dextrose) and collect a single breath sample every 20 minutes for 3 hours. (10 Samples Total)
<b>Option 2: Lactulose</b>	<ul style="list-style-type: none"> <li>• <b>Max Dose = 10g</b></li> <li>• Patients 25 lbs. (10kg) or greater = 10g of Lactulose</li> <li>• Patients less than 25 lbs. (23kg) = 1g of Lactulose to each 2.2 lbs. (1kg) of patient's weight.</li> </ul>	Mix dose of Lactulose in 8-10 ounces of water.	Collect Baseline, drink mixed Lactulose and collect a single breath sample every 20 minutes for 3 hours. (10 Samples Total)

**Dosing Tips  
are located on the  
back of this booklet.**

### EXAMPLE DOSE MEASURING FOR DEXTROSE/GLUCOSE

- Divide Patient Weight by 2.2 to calculate kg (ex. 150lbs/2.2 = 68kg).
- Dose = 1g of Dextrose/Glucose for each kg of patient weight.
- The Patient will ingest 68g of Dextrose/Glucose in 8-10 oz of water.