



**PEDIATRIC  
GASTROENTEROLOGY  
CENTER**

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A Sucrose Malabsorption Test has been schedule for \_\_\_\_\_

Date: \_\_\_\_\_ M T W TH F Sat

Time: \_\_\_\_\_

**Patient instructions and pre-conditions**

1. The patient **should not have eaten slowly digesting foods like beans, bran, or other high cereals** the day before the testing
2. The patient should **fast for 12 hours**, with no food and only water to drink before testing
3. The patient should **not smoke, sleep, or exercise vigorously** for at least ½ hour before, or at any time during the test.
4. **No antibiotics for at least 7 days prior to the test.** Notify the technician at the time if the test of you have diarrhea the day before the test.

**The test is composed of two visits.** These instructions apply to the two visits needed for completion of the test.

**FIRST VISIT ( baseline)**

This baseline breath sample **can be done without fasting** at the physician/Technician discretion providing that the baseline value is less that 5 ppm.

A breath sample will be collected and analyzed to establish the baseline for breath Hydrogen (H<sub>2</sub>). **The H<sub>2</sub> baseline is typically less than 5**, a value greater than 5 may indicate not enough fasting time or the presence of bacterial overgrowth in the small intestine. (A separate test may be required if overgrowth of bacteria is suspected).

**SECOND VISIT (Testing)**

After the 12 hours fasting, drink sugar water ( \_\_\_\_\_ **teaspoons of sugar dissolved in 12 ounces of room temperature water**). The second sample of breath H<sub>2</sub> should be collected 3 hours after the ingestion of the sugar water. **The patient needs to be at the office at least 2 ½ hours after drinking the sugar water, and notify the front desk of the time of soda ingestion to time the second breath sample accordingly.**

**THIS TEST REQUIRES A REFERRAL AND A COPAY**

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