



Gastroenterology Lab
מעבדה לגסטרואנטרולוגיה
Instructions for Patients in Preparation for Breath Testing

תבחין נשיפה בדיקת למטופל לקראת הנחיות

Dear Patient,

You have been invited for breath testing.

A breath test is a test that does not require sedation, and does not require you to arrive with an accompanying person.

Update the lab worker if you suffer from any symptoms (stomach ache / diarrhea / gas / soft stools) before or during the course of the test.

Test type	Identification of bacterial overgrowth in the small intestine (SIBO)	Lactose	Fructose	Sorbitol
Test time	An hour and a half	3 hours		
Breath sample frequency	Every fifteen minutes	Every half an hour		
During the test, you must remain in the vicinity of the lab				

A financial commitment authorization is required for the test: **MOH code 91065.**

How to contact us:

To make an appointment, to change the date of the test, or for inquiries, call:

The Clinical Laboratories Secretariat 02-6555420

You can leave a message with the answering service, and you will receive a call back as soon as possible, Sundays - Thursdays from 12:00 - 15:00

General instructions:

Medications	Do not stop taking regular medicines of any kind, including PPIs, before performing the breath test
	Do not take prokinetic drugs (drugs that increase bowel activity, such as Motilium, Resolor), for one week before the test.



Gastroenterology Lab מעבדה לגסטרואנטרולוגיה

Antibiotics	Do not take antibiotics, probiotics or dietary fibers for 4 weeks before the test.
Smoking	Do not smoke starting from 20:00 the evening before the test and until completion of the test.
Alcohol	Do not drink alcohol during the 24 hours before the test
Physical activity	Do not perform strenuous physical activity during the 12 hours before the test.
Medical tests	Do not perform a colonoscopy (including a virtual examination / camera-based / other examination) that necessitates cleaning of the bowel during the 4 weeks before the test.

Nutritional instructions for patients before performing breath testing:

הנחיות תזונתיות למטופל לפני ביצוע תבחין נשיפה:

Fasting is required during the 12 hours before the test - you can drink only water, up to two hours before the test. (In the event that you felt ill due to fasting during previous tests, report this to the attending physician and to the lab worker on the day of the test).

Ensure that you adhere to the nutritional guidelines in the table.

Failure to follow these instructions may result in not being able to complete the test.

Foods and beverages that are permitted during the 24 hours before the start of the fast	
Refined grains:	Rice, tiny pasta, common bread, pita
Cooked vegetables:	Potatoes, zucchini, carrots
Fats (in a small amount):	Canola oil, olive oil, butter, Mazola
Protein:	Chicken, turkey, fish, soy chips (seasoned with the spices below)
Spices:	Salt, sweet paprika, turmeric, black pepper
Beverages:	Water, tea without sugar/without sugar substitutes



Gastroenterology Lab מעבדה לגסטרואנטרולוגיה

On the morning of the test:

- a. Brush your teeth
- b. Rinse your mouth with mouthwash (the kind is not important).
- c. In case of fever / the flu, please do not arrive at the lab.

The location of the test: The Clinical Laboratories Secretariat on the 4th floor - main building.

Please arrive about 15 minutes before the time that your appointment was set for.

You must arrive with an ID document, the referral from your attending physician, and a payment commitment authorization form.

Version 1, June 2023