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Instructions for Lactose Intolerance and Small Intestinal Bacterial Overgrowth testing:

2 weeks before the test:

- Do not perform test if you have colonoscopy, barium enema or colonics during this time
- You will need to be OFF any antibiotics, probiotics, or antifungal medications.

1 week before the test:

- Do not take any laxatives, and STOP all fiber supplements such as Metamucil, Citrucel or fiber tablets

24 hours prior to test:

- Avoid all high fiber and lactose containing foods such as all vegetables, all fruits, all nuts and seed, beans, all grains (except white rice), all condiments, and all spices and herbs (except salt and pepper)
- You CAN take following foods only:
 - o Any meat/fish/seafoods, poultry/chicken, eggs
 - o Clear meat broth
 - o Fats/oils (eg coconut, olive, vegetable, butter oils), salt/pepper
 - o Black coffee/tea, with No dairy/creamers/sweeteners or sugar
 - o Plain water (ie. no mineral water)

12 hours prior to test:

Begin fasting – avoid all food and drinks (except plain water).

Morning of the test

No smoking or vigorous exercise.

DO NOT brush your teeth. You Can use mouth wash in morning.

DO NOT chew gum, take breath mints or candy.

Come to office as scheduled at 8 am

OFFICE OF Manish Tandon, MD

Call #617-562-0500 if you have questions after reading instructions