

Guidelines for Hydrogen Breath Testing HBT SLEUTH

	Challenge Dose	Sampling Intervals	Interpreting Results
LACTOSE	Lactose: 1g/kg body weight up to 25g dissolved in 8 oz (250) ml of water. One 12 oz glass of milk.	Fast after midnight, drink milk, test three hours later. One breath.	Breath H ₂ levels at least 10 ppm
FRUCTOSE	Fructose: 1g/kg body weight dissolved in 8 oz of water. One 12 oz can of Coke.	Fast after midnight, drink coke, test three hours later. One breath.	Breath H ₂ levels at least 10 ppm
SUCROSE	Sucrose: 2g/kg body weight dissolved in 8 oz of water. Three tablespoons of sugar dissolved in 12 oz of warm water.	Fast after midnight, drink sugar water, test three hours later. One breath	Breath H ₂ levels at least 10 ppm
BACTERIAL OVERGROWTH	Lactulose: 1g/kg body weight up to 25g dissolved in 8 oz (250) ml of water. Enulose Syrup 10g/15ml.	Fast after midnight, drink lactulose syrup, test 15, 30, 45, 60, 75, 90, 105, 120, 135, 150, 165, 180 minutes.	Look for two bell curves 