



## HBT SLEUTH TESTING PROTOCOL

The patient comes into the physician's office for the first time and complains of abdominal pain, cramps, stomach discomfort, bloating, or gastric upset. Test the patient with the HBT Sleuth. The patient takes a deep breath and blows slowly into the HBT Sleuth. If the reading is 5 ppm or higher, the patient has hydrogen issues and needs to be scheduled for a lactose intolerance test or a fructose test. These tests are reimbursable under CPT code 91065.

If the patient is under 40 years old, test for lactose intolerance first. If the patient is over 40, ask if he/she drink, regular Coke, 7-Up or any sugary drinks. If the answer is yes, test the patient for fructose intolerance.

Both tests require the patient to fast after midnight. Three hours before the office visit, instruct the patient to drink 12 oz of Coke for fructose testing or 12 oz of milk for lactose testing. Turn the HBT Sleuth instrument on when the patient arrives for their office visit. The HBT Sleuth warms up in 5 minutes and performs a self-calibration test. The patient takes a deep breath and blows slowly into the machine once and the test is complete. If the reading is 10 ppm or greater, the patient is lactose/fructose intolerant. Both tests are reimbursable under CPT code 91065.

For any patient who tested negative for the lactose intolerance and the fructose intolerance test, follow up with testing for bacterial overgrowth.

The bacterial overgrowth test should be the last test performed on the patient with the HBT Sleuth. Instruct the patient to fast after midnight. One hour before the office visit, instruct the patient to drink lactulose powder or Enulose syrup 25g/50ml. Test the patient every 20 minutes for 180 minutes or until you see two bell curves which would indicate that the patient is positive for bacterial overgrowth.