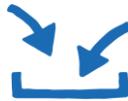


# Informatiefolder Lactose-, lactulose- en glucose-ademtest (H<sub>2</sub>-ademtest) - Engels talig

	<h2>General information</h2>
	<p>The purpose of the H<sub>2</sub>-breath test is to determine if your body absorbs certain sugars in sufficient quantity via the bowels. Your symptoms (for example bowel craps etc.) may be caused by a total or a partial lack of sugars begin absorbed.</p> <p>If you are diabetic: consult your diabetic nurse before having this test.</p> <p>In case of a breath test with glucose: the sugar solution contains a citrus extract. We would advise you to check with your specialist before you start the test.</p>
	<h2>The day of the test</h2>
	<ul style="list-style-type: none"> <li>- The first breath test takes place before you drink the sugar solution.</li> <li>- After this, you are given the sugar solution to drink.</li> <li>- The breath test is repeated at half hourly intervals for the duration of 3 hours from the time of drinking the sugar solution.</li> <li>- For the duration of the test you may not eat, drink smoke, chew gum or take intensive exercise.</li> <li>- If you are intolerant to the sugar used for the test you may experience bowel cramps and or diarrhea after you have drunk the sugar solution. It is important to tell the person who is carrying out the test if you develop these side effects as it has implications for the results.</li> <li>- The duration of the test is 3 hours.</li> </ul>

	<h2>Where and when</h2>
	<p>The H2 breath-test is only by appointment. To make an appointment, call the Customer Contact Centre (088 0037 735) which is open from Monday to Friday, between 08:00 and 17:00.</p> <p>On the day of testing, check-in at the "Afnamedienst" of Atalmedial of in one of these hospitals:</p> <ul style="list-style-type: none"> <li>- Spaarne Gasthuis Haarlem-Noord</li> <li>- Spaarne Gasthuis Haarlem-Zuid</li> <li>- Spaarne Gasthuis Hoofddorp</li> </ul> <p>For preparations, please read "Diet" in this leaflet.</p> <p>The waiting room contains a digital check-in stand. To check in for the test, click "Op afspraak" followed by "H2 ademtest".</p>
	<h2>Preparation</h2>
	<p>In order to obtain a reliable result, you must follow the rules listed below:</p> <ul style="list-style-type: none"> <li>- 2 weeks prior to the test you may not take antibiotics (if necessary, consult your doctor).</li> <li>- Starting 3 days prior to the test you may not use any form of laxatives (if necessary, consult your doctor)</li> <li>- Day of the test: don't use denture fixative pastes if you wear dentures.</li> </ul>

	<h2>Diet</h2>
	<p>In order to obtain a reliable result you must follow a diet.</p> <p>2 days before the test you may <b>not</b> have any of the following food products listed below:</p> <ul style="list-style-type: none"> <li>- Peas, beans, marrowfat peas, lentils and other pulse vegetables.</li> <li>- Any variety of cabbage, sprouts sauerkraut, broccoli and cauliflower.</li> <li>- Onions, garlic, leeks, bell peppers, radishes, asparagus, mung bean sprouts and mushrooms.</li> <li>- Any food with a high fibre content such as grains ,bran, whole wheat brown bread, nuts, corn and popcorn.</li> <li>- Milk, custard, yoghurt, sour cream, butter, cheese, ice-cream and any other dairy products.</li> </ul> <ul style="list-style-type: none"> <li>- Eat the evening before the test an easily digestible meal, such as white- or spelt bread, white rice, soya, chicken, eggs, fish fillet or lean meat.</li> <li>- You may not eat anything after 21:00 hrs on the evening before the test. Neither are you allowed smoking or chewing gum. You may drink water.</li> <li>- Drink at the day of the test a glass of warm water in de morning. Do not eat breakfast.</li> </ul>
	<h2>The results</h2>
	<p>The test results will be given to your doctor as soon as possible and will inform you of the results.</p>
	<h2>What do I bring to the test?</h2>
	<p>Your doctor will give you a form for the laboratory which you must take with you. Without the form we will not be able to help you. The form must be correctly filled in.</p> <p>When you use our services, you are legally obliged to show your valid health card or insurance certificate and to identify yourself with a valid passport, driver's license or foreign identity card (vreemdelingendocument) or a valid identity card.</p> <p>We also request that you check carefully whether your insurance details and other information are correctly stated on the laboratory form. You can report any inaccuracies to our desk employee or to the employee of the collection service.</p>

	<p>If a young child is taking the test it is advisable to take a bottle or a beaker for them to drink the sugar solution.</p> <p>Take something with you to pass the time, for example reading material or a toy in case of a child.</p> <p>You can bring something to eat for after the test. You will fast for three hours on the day of testing.</p>
	<p><b>More information</b></p>
	<p>Contact the Customer Contact Centre of Atalmedial if you have any questions after reading this leaflet or if you need to make an appointment.</p> <p>Tel: 088 0037735, Monday to Friday From 08:00 to 17:00</p>