



The Portland Hospital
for Women and Children

Hydrogen Breath Test

Information for Parents

An appointment has been made for your child to have a breath test. This is a non-invasive, safe test used to diagnose bacterial overgrowth, sugar intolerance and toddler diarrhoea.

If it is thought that your child has sugar intolerance (might not be absorbing all the sugar in certain foods), we will do a “sugar challenge”. By measuring the amount of breath hydrogen that your child expires over a 3-hour period, we are able to tell whether or not the sugar has been absorbed.

In order to obtain accurate results, your child must be kept nil by mouth, apart from water, for at least 4 hours prior to the test. It is also important that he/she does not clean their teeth that morning. No food or drink is allowed during the test.

Your child will be asked to breathe into a mask before taking the sugary tasting drink. Breath samples are then taken every 30 minutes for 3 hours or slightly longer if necessary. The results of the test will be given to you when you next visit the doctor.

Due to the length of this test, we strongly advise you to bring some of your child's favourite toys and activities from home to keep him or her entertained. There is a video machine in the department with a selection of films and cartoons but please feel free to bring your own along also.

If you have any queries or concerns regarding the test please contact the nursing staff on 020 7390 8312.

Contact

Children's Outpatient Department
The Portland Hospital
234 Great Portland Street
London
W1W 5QT
Tel: 020 7390 8312

Disclaimer

Whilst this leaflet aims to provide you with useful advice and information it must be noted that it should only act as a guideline. Should you have any further concerns about this procedure, it is advisable that you discuss it with your Consultant.