



هارلي ستريت ميديكال سنتر
HARLEY STREET
MEDICAL CENTRE

Glucose Breath Test



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ت: ٣٩٩٩ ٢٦١٣ ٩٧١+

ص.ب: ٤١٤٧٥، أبو ظبي، الإمارات العربية المتحدة

ع: قرية المارينا، فلل رقم: A18 إلى A23

#HSMCAbuDhabi

Why did my physician order this test?

The test is used to detect small intestinal bacterial overgrowth (SIBO).

What is SIBO?

SIBO is one of the most common causes of recurrent abdominal pain, bloating, and diarrhea.

How long does the test take?

The test takes one hour.

Will I feel any pain or discomfort?

You might feel minor discomfort from ingestion of glucose including diarrhea, gas, cramping or bloating.

How do I prepare for the test?

- **Do not** eat or drink anything 12 hours before the test.
- The day before you can eat the following:
 - Plain white bread
 - Plain white rice
 - Plain white potatoes
 - Baked or boiled chicken or fish
 - Non-flavored black coffee or tea

Salt may be used to flavor your food.



- Beans
 - Pasta
 - Meats (steaks)
 - Fiber or bran cereals or high fiber foods (whole grains)
 - Soda
 - Cola drinks
 - Butter or margarine
- **Do** not eat, drink, or chew gum or tobacco, smoke cigarettes, eat breath mints or candy before or during the test.
- **Do** take prescription medications with a small amount of water.
- **Do** brush your teeth before the test.