

Comprehensive Digestive Institute of Nevada offers some of the most advanced diagnostic techniques and treatments for a wide variety of gastroenterological conditions which includes Breath Testing. One of the first gastroenterology groups in Nevada to offer this advanced testing, we have found amazing results that are extremely helpful in diagnosing patients with vague and unexplained symptoms; some that have been experienced for years that led to years of suffering. The various breath tests we offer are described below:

### Hydrogen Breath Tests

Hydrogen breath test is a simple non-invasive office test that is used to diagnose and evaluate patients for conditions such as irritable bowel syndrome, food intolerances, lactose intolerance, fructose intolerance, and small intestine bacterial overgrowth.

If you suffer from symptoms such as abdominal gas, abdominal bloating, and abdominal pain, contact us to get started on these simple, quick office-based and non-invasive tests.

### Lactose Breath Test

This office-based and non-invasive test takes 5 minutes to perform. It helps to determine whether you are able to digest and absorb lactose, which is the primary ingredient in dairy products. Symptoms of lactose intolerance may include abdominal gas, abdominal bloating, abdominal pain, loose stool, and/or diarrhea. Rather than just discontinuing such food products from your diet, it is very important to confirm whether you are truly lactose intolerant because avoidance of dairy products may lead to nutritional deficiencies such as calcium and vitamin D deficiencies, which would increase the risk of osteoporosis and osteopenia.

### Fructose Hydrogen Breath Test

This is another office-based and non-invasive test that takes 5 minutes to perform. It helps to determine whether you are able to digest and absorb fructose. It helps explain why eating too much fruit, eating honey, drinking a non-diet soda, or using artificial sweetener can lead to upset stomach, abdominal gas, abdominal bloating, abdominal pain, loose stool, and/or diarrhea. Fructose intolerance has increased over the years as food manufacturers have increasingly substituted fructose for sucrose in food products because fructose is sweeter and less expensive than sucrose. This test would provide your doctor with immediate results.

### Lactulose Breath Test

This office-based test may take up to 3 hours to complete. This test is used to check for small intestinal bacterial overgrowth. All humans carry some bacteria in intestine. Sometimes the population of these bacteria is more than normal (small intestine bacterial overgrowth-SIBO) so it gives patients various symptoms such as bloating, abdominal pain and cramping, loose stool, diarrhea, or constipation. The bacteria in the small bowel ferments carbohydrates and produces gases, which can explain feeling bloated.

### Urea Breath

This office-based test is used to test for *Helicobacter pylori* bacterial infection, which is a common infection in the stomach. *Helicobacter pylori* not only can cause upset stomach and inflammation of the stomach, it is the #1 cause of stomach and duodenal ulcer worldwide, and a risk factor for the development of stomach cancer. An estimated 50% of people have this

bacteria in their stomach but most do not know. This simple and non-invasive test only takes 10-15 minutes to complete. If you test positive for *Helicobacter pylori* infection, treatment is a course of antibiotics followed by a repeat test to confirm successful eradication of the bacteria.