

EasySampler™ Lactose Malabsorption Test

Your doctor has asked you to perform the lactose Malabsorption Breath Test. The test is used to help determine if you are unable to digest lactose, the sugar found in milk and many other food products.

BEFORE YOU START THE TEST

Please read all directions and familiarize yourself with the test procedures. The test results will be useful only if the samples are properly collected.

Prepare for the test as outlined below.

Do not loosen or remove the tops of the vacuum-sealed collection tubes; this will destroy the vacuum and make the tubes useless for this test.



Do not insert your finger into the tube holder of the EasySampler™ at any time; it contains a sharp needle.



KIT CONTENTS

- EasySampler™ with tube holder
- Vacuum-sealed collection tubes
- Labels for the collection tubes
- LacTest® sugar (25g Pouch)
- Insurance Authorization Form
- This Lactose Malabsorption Breath Test booklet
- Box for shipment to the laboratory



PREPARATION FOR THE TEST



On the day before the test, do not eat high fiber or slowly-digesting foods. Foods to avoid include: bran, coarse breads, nuts, beans and similar vegetables, and starches except for rice.



You must not eat for at least 12 hours before beginning the test. What you eat may interfere with the test, so it is important that for at least 12 hours before the test you eat no food and have only water to drink.



Do not sleep or exercise vigorously for at least 1/2-hour before, or at any time during, the test. Do not smoke for at least 3/4-hour prior to or during the test. Notify your doctor or nurse if you have had any recent antibiotic treatment or runny diarrhea, since these conditions can also affect the test.

INSTRUCTIONS FOR DOING THE TEST



Dissolve the LacTest® sugar in 8 ounces of warm water.

You may cool the mixture in the refrigerator before drinking it.

Lactose does not dissolve in water as well as table sugar, so it is necessary to stir vigorously and to swirl the mixture to keep the lactose dissolved while it is being consumed.

This kit can be used to test children who are able to follow simple verbal instructions and volunteer a full, normal breath. For children under 50 lbs. please see the special mixing instructions on the back of the LacTest® pouch. Also, please note that for children under 100 pounds the blue discard bag attached to the EasySampler® collection device must be scaled and clipped according to weight.

Getting Ready



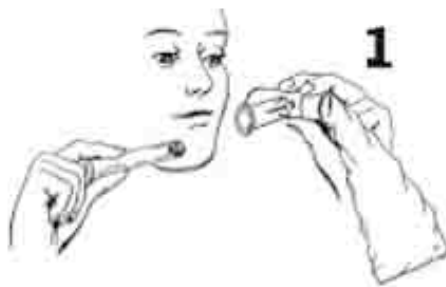
Number the test tube labels 1-4. Write your name, your doctor's name and the date on each of the four labels.



On label #1, write the time you are starting the test and place the label on one of the test tubes.

Doing the Test

The EasySampler™ device is pre-assembled and protected in a sealed plastic bag. Carefully remove the collection device from the bag. **Do not stick your finger in the plastic tube holder because it contains a sharp needle!**



- 1** Hold the EasySampler™ in one hand and the test tube #1 in the other hand.



- 2** Place test tube #1 halfway into the needle holder. **DO NOT PUSH THE TEST TUBE ONTO THE NEEDLE IN THE HOLDER YET!** Take a normal breath, close your mouth around the blue mouthpiece and exhale normally.



- 3** As you exhale, the blue bag will be filled with air which will vent through the small opening at the end of the bag. Continue to exhale into the mouthpiece to keep the bag inflated and press the test tube to the end of the tube holder so that the stopper is punctured by the needle in the needle holder.



- 4** After 1-2 seconds, pull the test tube out of the plastic tube holder and set it aside. **Keep the bag inflated until after the test tube is removed from the test tube holder.**



- 5.** Drink the LacTest® solution, finishing the contents within 5 minutes. If there is any sugar remaining in the glass, swirl it with as much additional water as you wish. Record the time at which the solution was drunk on this sheet and schedule breath collections every hour for the next three hours.

Time: _____

You may resume quiet activity, but do not eat, smoke, sleep or exercise vigorously for the next three hours.



6.

Wait for one hour before collecting the next breath sample. On label # 2, write the time of the second collection and place the label on one of the three remaining test tubes. Repeat steps 1-4 using test tube # 2.

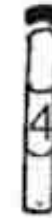
Time: _____



7.

Wait another hour (two hours after drinking the LacTest®) before collecting the next breath sample. On label # 3, write the time of the third collection and place the label on one of the two remaining test tubes. Repeat steps 1-4 using test tube # 3.

Time: _____



8.

Wait one more hour (three hours after drinking the LacTest®) before collecting the next breath sample. On label # 4, write the time of the fourth collection and place the label on the remaining test tube. Repeat steps 1-4 using test tube # 4.

Time: _____

9.

Put the four test tubes in the bubble bag. Place the bubble bag along with the Insurance Authorization Form and the EasySampler in the cardboard container. Return the box and contents to Gastroenterologists, P.C. for analysis.



