

# GLUCOSE LOAD TEST

## WHAT IS THE GLUCOSE LOAD TEST?

The glucose load test can be used to assist in the diagnosis of a range of gastrointestinal conditions including;

- Small Intestinal Bacterial Overgrowth Syndrome (SIBOS)
- Cirrhosis of the liver
- Exocrine Pancreatic Insufficiency
- Secondary lactose intolerance
- Duodenal Diverticulitis
- Irritable Bowel Syndrome (IBS)
- Inflammatory Bowel Syndrome (IBD)

## SYMPTOMS INDICATING YOU MAY BENEFIT FROM A GLUCOSE LOAD TEST INCLUDE:

- Steathorrhea (fatty stools)
- Creatorrhoea (foul smelling stools with protein maldigestion)
- Intolerance of sugar and sweets

## COMPLETING THE GLUCOSE LOAD TEST:

This test involves glucose being given as a solution in water to drink, with Hydrogen/Methane breath testing being performed at regular intervals for 2-3 hours. Throughout this time your symptoms will also be monitored to determine intolerance.

## FOODS SOURCES OF GLUCOSE

Nearly all carbohydrate rich foods contain glucose, however some are a more concentrated source than others. The following foods are very rich in glucose;

- Lollies
- Dried fruit
- Fresh fruit
- Fruit juice

- Honey
- Syrups

**TO DO A BREATH TEST, YOU SIMPLY BREATHE INTO THE ANALYZER AND IT  
GIVES A RESULT IMMEDIATELY.  
CALL 9770 7189 TO ARRANGE A TEST OR TO FIND OUT MORE.**