

Adjusting Your Diabetes Medicine and Diet for a Hydrogen Breath Test for Small Intestine Bacterial Overgrowth

This test is used to find out if you have too much bacteria (overgrowth) in your small intestine. You'll have to drink liquid that has 75 g of glucose for the test.

Follow the instructions your GI Clinic gives you about when and what to eat and drink before the test.

If you see a diabetes educator or diabetes specialist, contact them at least 1 week before your test to ask about adjusting your diabetes medicine or insulin.

If You Take Insulin
<p><i>The Night Before the Test</i></p> <ul style="list-style-type: none"> <input type="checkbox"/> Basal (evening/bedtime) Insulin: Take 50% (half) of your basal insulin dose (Humulin N[®], Novolin[®] NPH, Lantus[®], or Levemir[®]) or the amount your healthcare provider tells you. Your dose will be _____ units. <input type="checkbox"/> Premix Insulin: Take your regular dose (or the amount your healthcare provider tells you) at supper time. <input type="checkbox"/> Insulin Pump: You may need to reduce your basal rate by 10% to 20% overnight if there are concerns about low blood sugar. If there are no concerns, keep the same basal rate.
<p><i>Test Day</i></p> <p>Morning</p> <ul style="list-style-type: none"> <input type="checkbox"/> Bolus (meal) Insulin: Don't take your morning bolus (meal) insulin (Apidra[®], Humalog[®], NovoRapid[®], Humulin R[®], or Novolin[®] Toronto). <input type="checkbox"/> Premix Insulin: Don't take your morning pre-mix insulin (Humulin 30/70[®], Novolin[®] 30/70[®], or Humalog 25/75[®]). <input type="checkbox"/> Basal Insulin: Take 50% (half)—or the amount your healthcare provider tells you—of your basal insulin (Humulin N[®], Novolin[®] NPH, Lantus[®], or Levemir[®]) dose. Your dose will be _____ units. <input type="checkbox"/> Insulin Pump: You may need to reduce your basal rate by 10% to 20% if there are concerns about low blood sugar. If there are no concerns, keep the same basal rate. <p>*Be sure to bring a source of fast-acting sugar and your blood glucose meter with you.</p>

During the Test

You'll be given a 75 g glucose/water solution to drink.

- Take 50% (half) of your meal (bolus) insulin (Apidra®, Humalog®, NovoRapid®, Humulin R®, or Novolin® Toronto) or the amount your healthcare provider tells you before you drink the solution.

Your dose will be _____ units.

- Take 50% (half) of your morning pre-mix insulin (Humulin 30/70®, Novolin 30/70®, or Humalog 25/75®) or the amount your healthcare provider tells you before you drink the solution.

Your dose will be _____ units.

After the Test

- Take your diabetes medicine as per your next scheduled dose.

If You Take Medicine Other than Insulin

The Day Before Your Test

- Take your diabetes medicine as usual.

Test Day

- Don't take any diabetes medicine the morning of the test.
- Take your diabetes medicine after the test as per your next schedule dose.

***Be sure to bring a source of fast-acting sugar and your blood glucose meter with you.**

This material is for information purposes only. It should not be used in place of medical advice, instruction, and/or treatment. If you have questions, speak with your doctor or appropriate healthcare provider.