

# BILE ACID BREATH TEST – INSTRUCTIONS

## I. CONTENT OF THE TEST KIT

- 1 plastic bottle with one or two pills
- plastic blow pipe
- 13 plastic bottles filled with a blue liquid: numbered '0' to '12'

The bottles contain a caustic liquid to which the following hazard symbols apply:



**Do not suck or drink the liquid to avoid irritation of the oral mucosa!**  
**Keep out of the range of children.**

- instructions to execute the test
- application form, to be completed by your physician
- address label to return the test

## 2. PREPARATION OF THE TEST

### General

Always perform the test exactly as described on this instruction sheet. If you are unsure about anything, contact the department of laboratory medicine at University Hospitals Leuven (016 34 70 00)

Thoroughly read all the steps before starting the test. A step-by-step instruction film is available on [www.uzleuven.be/ademtest](http://www.uzleuven.be/ademtest) or scan the QR-code included here.

This test will take six hours. It's best to have watch or (egg-)timer handy to follow the time.



### Completing the data

Your weight is extremely important to be able to interpret the results.

Fill this out, together with your name, the name of the physician requesting the test, and the date you took the test.

Name patient: .....

Weight: .....

Name of the physician requesting the test: .....

Date test was executed: ...../...../..... Hour test was executed: .....

## 3. EXECUTION OF THE TEST

- DO NOT perform this test if you are pregnant or breastfeeding
- If you have been taking antibiotics recently, please don't start the test until at least four weeks after the end of the treatment.
- Begin the test in the morning, on an empty stomach (no meals 12 hours before starting the test).
- During the test you have to sit upright and you cannot fall asleep, drink, eat or smoke.
- If you are a diabetic you are allowed to have a slice of white bread with jam after four hours.

## Step 1

Blow into bottle '0':

- ✓ Unscrew the cap from the tube.
- ✓ Put the point of the blow pipe in the blue liquid.
- ✓ Take a deep breath and breath out through the blow pipe into the blue liquid. Don't blow too hard and do not suck up the liquid.
- ✓ Continue to blow until the blue colour is gone. This can take up to a couple of minutes.
- ✓ Close the tube by screwing the cap on tight.



## Step 2

Take the pill(s) together with your breakfast. You can have a glass water of coffee with this.



## Step 3

Start the clock or the timer.

## Step 4

Wait 30 minutes after taking the pill(s) and start the timer or the clock again. Then blow into bottle '1':



## Step 5

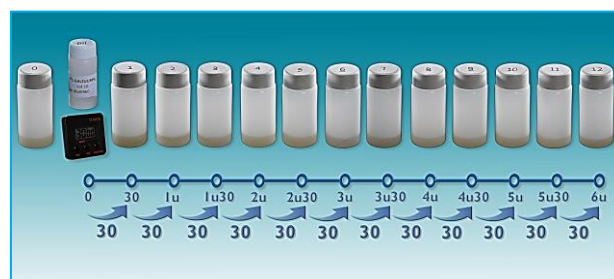
Wait 30 minutes after blowing into bottle '1' (so that's one hour after taking the pill(s)) and start the timer or the clock again. Then blow into bottle '2'.

## Step 6

Wait 30 minutes after blowing into bottle '2' (so that's 1,5 hours after taking the pill(s)) and start the timer or the clock again. Then blow into bottle '3'.

## Step 7

Repeat this action of blowing into the bottles with the following number every 30 minutes until bottle '12'.



## Step 8

Six hours after taking the pill(s) the test is finished.

## Step 9

Put the 13 bottles back into the original box together with the completed forms and send them to the University Hospitals Leuven, department of laboratory medicine, Herestraat 49 (CDG07), 3000 Leuven. You can use the address label for this.

## 4. SAFETY INFORMATION

If you accidentally ingested the caustic blue liquid, contact your physician or the Poison Centre (070 245 245) immediately.

The bottles of blue liquid contain 4 mL of a mixture of 49.5% hyamine hydroxide IM, 49.5% denatured ethanol and 1% thymolphthalein.

Precautionary Statements:

P210: Keep away from heat/sparks/open flames/hot surfaces. - No smoking

P260: Do not breathe dust/fume/gas/mist/vapours/spray.

P280: Wear protective gloves/protective clothing/eye protection/face protection.

P303-P361-P353: IF ON SKIN (or hair): Remove/Take off immediately all contaminated clothing. Rinse skin with water/shower.

P305-P353-P338: IF IN EYES: P353: Rinse skin with water/shower. Remove contact lenses, if present and easy to do. Continue rinsing.

P301-P312: IF SWALLOWED: Call a POISON CENTER or doctor/physician if you feel unwell.

P304-P340: IF INHALED: Remove victim to fresh air and keep at rest in a position comfortable for breathing.