



QUEEN CITY
GASTROENTEROLOGY
& HEPATOLOGY

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Prep Instructions for Bacterial Overgrowth Test

Patient Instructions:

1. **Do not** eat slowly digesting foods like, **beans, bran or other high fiber cereals** the day before your procedure
2. **Fast after midnight**, with no food and only water to drink before testing. You may brush your teeth the day of the test.
3. **Do not smoke, sleep, or exercise vigorously** for at least 2 hours before, or at any time during procedure.
4. Make the Medical Assistant aware of any recent antibiotic therapy, and/ or recent or current **diarrhea**, since they can affect the test result.
5. **DAY OF PROCEDURE: DRINK** Enulose Syrup (10g/15 ML) **one (1) hour** before your scheduled procedure.

DRINK ENULOSE at _____.

6. **Report** to Queen City Gastroenterology & Hepatology office on _____ at _____.
7. The procedure may require up to 3 hours stay.

Please call 704-362-4403 if you have any questions.

Thank you.