

**Findings:** Five carbohydrates were tested, with lactulose used as a baseline to investigate small bowel bacterial overgrowth, along with fructose, sucrose, lactose and sorbitol. Study is carried out in 30min increments up to 3 hrs.

The quality of the study was good, with low baseline values at the commencement of the tests.

The baseline test for small bowel bacteria overgrowth with lactulose showed a single rising peak at 2hrs, starting at 24ppm for hydrogen, and up to 57ppm at 3 hrs. As the peak rose late in the study, and without an earlier peak, this is likely to represent colonic transit rather than bacteria overgrowth.

The Sorbitol test was positive, with marked increases from 1.5 hrs at 24ppm hydrogen, through to 90ppm hydrogen at 3hrs. The peak here rose faster than the baseline test, suggesting small bowel intestinal malabsorption.

The rest of the carbohydrate did not show malabsorption, with no significant production of hydrogen or methane during the study.

**Recommendations:**

No evidence of small bowel bacteria overgrowth and suggestion of sorbitol malabsorption. Suggest eliminating sorbitol containing foods and monitor symptoms.

Dr Edmund Tse