Corewell Health

Corewell Health Laboratory

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Laboratory Bulletin

Hydrogen and Methane, Breath Test Change

Effective Date: 3/4/2026

Effective March 4th, 2026 To streamline ordering and minimize specimen recollection the Hydrogen and Methane breath test will be broken into 4 separate tests based on the challenge sugar.

The clinical utility of testing breath hydrogen and methane is to assess for malabsorption of lactose/fructose/sucrose, methanogen overgrowth, and for small intestinal bacterial overgrowth.

Lab number	Test name	Reference Range	Critical value
LAB1232270	HYDROGEN AND METHANE BREATH TEST, SUCROSE	Hydrogen should increase by less than 20 ppm above the baseline collection. Methane should be less than 10 ppm at any time point.	NA
LAB1232271	HYDROGEN AND METHANE BREATH TEST, FRUCTOSE	Hydrogen should increase by less than 20 ppm above the baseline collection. Methane should be less than 10 ppm at any time point.	NA
LAB1232273	HYDROGEN AND METHANE BREATH TEST, GLUCOSE (SIBO)	Hydrogen should increase by less than 20 ppm above the baseline collection. Methane should be less than 10 ppm at any time point.	NA
LAB1232274	HYDROGEN AND METHANE BREATH TEST, LACTOSE	Hydrogen should increase by less than 20 ppm above the baseline collection. Methane should be less than 10 ppm at any time point.	NA

For questions regarding testing, please contact Corewell Health Laboratory Customer Service at **800-551-0488.**

Date submitted: February 17, 2026
Submitted by: Leah Korodan, CHE Lab Manager, Chemistry, Special Chemistry Toxicology