

Mistakes in the management of carbohydrate intolerance and how to avoid them

Johann Hammer

Mistakes In Articles

Small Intestine & Nutrition

April 25, 2019

Carbohydrates not absorbed in the small intestine are fermented by colonic bacteria to organic acids and gases, and carbohydrate malabsorption can be diagnosed using the hydrogen breath test.

KEY POINTS

- Colonic bacteria ferment unabsorbed carbohydrates to produce organic acids and gases including carbon dioxide, hydrogen, and methane.
- Part of the produced acids and gases is absorbed in the colon while part remains in the lumen.
- Large interindividual differences have been demonstrated for the production of acids and gas.
- The hydrogen breath test can diagnose carbohydrate malabsorption because gases produced after a provocative carbohydrate dose are unique products of bacterial fermentation.

VIEW THIS CONTENT ON GUTFLIX

<https://gutflīx.eu/search/d/5017e154-d3a4-11ed-9ee9-0242ac140004>



AI-generated summary

This summary was generated by an AI large language model based on the content transcript. It is for informational purposes only and should not be considered a substitute for clinical judgment. Always rely on your professional expertise and the full clinical context when making clinical decisions.