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## Patient Preparation for All Hydrogen Breath Tests

The guidelines below are to be followed for all hydrogen breath tests

- No smoking, including second-hand smoke, for at least 1 hour before and at any time during the breath test.
- No sleeping or vigorous exercise for at least 1 hour before or at any time during the breath test.
- If you recently had antibiotic therapy, runny diarrhea, colonoscopies, barium studies or enemas, please **wait 14 days** after completion of the above mentioned prior to starting your breath test.
- If you take any Proton Pump Inhibitors (PPI) which contain Omeprazole, Lansoprazole, Dexlansoprazole, Esomeprazole, Pantoprazole, Rabeprazole, please **wait 7 days** after completion of the above mentioned prior to starting your breath test.

**The day before your test, you must limit your diet.**

**HERE ARE THE FOODS YOU CAN EAT THE DAY BEFORE YOUR HYDROGEN BREATH TEST.**

- Baked or broiled chicken, fish or turkey. (Salt and pepper only)
- White bread (only)
- Plain steamed white rice.
- Eggs: scrambled, hard boiled
- Clear chicken or beef broth with (no vegetables pieces).
- Water

**If you are uncertain if something will affect the test, AVOID these products:**

- Pasta, whole grain products, bran, high fiber cereals, granola, etc.
- Fruit juices, applesauce, apricots, bananas, cantaloupe, canned fruits cocktails, grapes, honeydew melon, peaches, watermelon. Raw and dried fruit like raisins and berries.
- Vegetable juices, potatoes, alfalfa sprouts, beets, green/yellow beans, carrots, celery, cucumber, eggplant, lettuce, mushrooms, green/red peppers, squash, zucchini, broccoli, cauliflower, brussels sprouts, cabbage, kale, swiss chard, beans, lentils, corn etc.
- All nuts, seeds, beans, as well as foods that may contain seeds
- Milk, cheese, ice cream, yogurt, butter

**A 12 hour fast is required prior to your appointment**