

Patient Preparation for All Hydrogen Breath Tests

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

Fructose= 3 hour study, Sucrose=3 hour study, Lactose =3 hour study, SIBO= 2 hour study

A 12 hour fast is required prior to your appointment

- 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 (please wait 30 days), 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 Probiotics, please **wait 7 days** after completion of the above mentioned medications prior to starting your breath test.

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

Here are foods you **CAN** eat before you start your 12 hour fast:

For Accuracy Purposes No Substitutions Allowed NO EXCEPTIONS

- Baked or broiled chicken, fish or turkey. (Salt and pepper only) no other spices or butters
- White bread (only)
- Plain steamed white rice.
- Eggs: scrambled, hard boiled
- Clear chicken or beef broth with (no vegetables pieces).
- Water (Only Liquid allowed besides Chicken or Beef broths)