



PLEASE READ THESE INSTRUCTIONS CAREFULLY, AS SOON AS YOU RECEIVE THEM!!!

Preparation for the test:

- No antibiotics 4 weeks before your test (unless you take this medication on a regular basis).
- No laxatives, stool softeners, or fiber supplements for 1 week before your test (unless you take this medication on a regular basis).
- If you are diabetic and require insulin or diabetic pills, check with your prescribing physician if you should change your morning dose
- **The day before your test:** it is important that you **avoid** slowly digesting foods (ex. beans, bran, high fiber cereals, etc.) and added sugars.

Please eat only the following foods/drinks to get the most accurate test results:

- | | |
|-----------------------------------|---------------------------------|
| ▶ Plain White Bread | ▶ Eggs |
| ▶ Plain White Rice | ▶ Strained Beef/Chicken broth |
| ▶ Plain White Potatoes | ▶ Water |
| ▶ Baked/Broiled Beef/Chicken/Fish | ▶ Non-flavored Black Coffee/Tea |

*****ONLY SALT MAY BE ADDED TO YOUR FOOD – NO BUTTER, MARGARINE OR SUGAR.
NO SODA POP OR COLA DRINKS*****

- **Stop eating and drinking 12 hours before your test** (only medications with water may be taken during this time)

Day of your test:

- **Do not have anything to eat or drink before coming in for your test.**
- **30 minutes** before starting the test, you will drink **Lactulose 10gm dissolved in 8oz. of water. (we will provide this at the office).** *Lactulose may cause diarrhea for some patients.*
- You should **NOT smoke, sleep or exercise** ½ hour before the test or anytime during the test.
- Expect to be in the office for **2 hours** for the actual test. (You will be asked to breathe into the testing machine every 15 to 30 minutes, but feel free to bring a book, magazine, headphones, etc. to pass the time).
- You may resume your normal diet after the test unless otherwise instructed at your appointment.

Appt. Date: _____ Appt. Time: _____

* Your results will be recorded and given to your healthcare provider for review. Please allow up to 2 weeks to receive your results. If you have not heard from our office after 2 weeks, please call to obtain your results*

FAQ for Hydrogen Breath Testing

Q. The listed diet is very restrictive. I really can't replace things on it?

A. No. Changes to the diet can affect the results of the test.

Q. Do I have to eat everything on the listed diet?

A. No. Eat only things on this list that you would normally eat that are on the list.

Q. What about smoking and/or alcohol?

A. You should not smoke ½ hour prior to the test or during the test. You should not have any alcohol the day prior while prepping or day of the test.