

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

**Preparation for the test:**

- No antibiotics 4 weeks before your test
- No laxatives, stool softeners, or fiber supplements for 1 week before your test
- 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:**

- **3 hours** before your appointment time, drink **12oz. of milk. DO NOT EAT OR DRINK ANYTHING ELSE.**
- You should **NOT smoke, sleep or exercise** ½ hour before the test or anytime during the test.
- Expect to be in the office for 15 to 30 minutes for the actual test.
- 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\*