



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:

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|-----------------------------------|---------------------------------|
| ▶ 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 Coke. 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*