

Hydrogen Breath Test Instructions

Your doctor has recommended that you have Hydrogen Breath testing. If there's more than one test recommended, each test will need to be done on a separate day.

Patient Preparation

You can have a breath test anytime **BEFORE** a colonoscopy preparation; **but you must wait four weeks after a colonoscopy prep, or any test requiring a bowel prep to have a breath test.**

You **MAY NOT** have any food or liquids from 8:00 p.m. the night before the test until your test time. You **MAY** continue to take your medication and only have plain water during this time.

The day before the test eat a Low Carbohydrate Diet (see back side). This is to avoid foods that produce gas in the intestines which could lead to an inaccurate result on your breath test.

If you are a DIABETIC you need to speak to your medical doctor about what to do with your diabetic medications during the time you are not having food or liquids.

- **No antibiotics for 4 WEEKS before the test.**
- **No Pepto-Bismol® for 2 WEEKS before the test.**
- **No laxatives or stool softeners (Colace®, Ex-lax®) or stool bulking products (Metamucil®, Citrucel®), for 1 WEEK before the test.** If you find it difficult to not use these for a week, contact your doctor for advice.
- **Stop probiotics 1 WEEK before the test.**
- **No exercise the MORNING of the test.**
- **No smoking, gum chewing, or mouthwash the DAY of the test.**

Day of the Test

You will be required to arrive promptly at your scheduled appointment time to the **GI Clinic at St. Croix Regional Medical Center, 216 South Adams Street, Second Floor.**

You will drink one glass of a special carbohydrate liquid and then will breathe into a small tube every 15 to 30 minutes. The test can last up to 3 hours. You may bring something to read with you.

•• Information Continued on Other Side ••

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LOW CARBOHYDRATE DIET to follow the day before Testing

	YES—ALLOWED	NO—NOT ALLOWED
Grains/starches	Rice, quinoa, potato, oatmeal, corn tortillas, popcorn, gluten free bread/crackers/pasta/cereal, plain Cheerios®, plain rice or corn Chex®, corn flakes, or Rice Krispies™	Wheat products, wheat bread, wheat pasta, wheat crackers, wheat cookies, wheat cake, wheat cereals, wheat flour tortillas, rye or barley
Vegetables	Bell peppers, carrots, cucumbers, eggplant, green beans, kale, lettuce, olives, spinach, squash, zucchinis, or tomatos	Artichoke, asparagus, cauliflower, garlic, leeks, mushrooms, okra, onion/shallots, snow peas, or sugar snap peas
Fruit	Banana, blueberry, cantaloupe, cranberry, grapes, honeydew, kiwi, lemon, lime, orange, papaya, pineapple, pomegranate, raspberry, or strawberry	Apple, apricot, blackberry, cherry, dried fruit (raisins), grapefruit, mango, nectarine, pear, peach, plum, prunes, or watermelon
Proteins	Meat, eggs, fish, tofu, most nuts (see “not allowed” column), peanut butter. or almond butter	Beans, hummus, edamame, cashews, or pistachios
Dairy	Lactose-free milk/yogurt/ice cream, rice milk, any aged or hard cheese (including cheddar, provolone, swiss, parmesan, feta, goat, etc.)	Milk, yogurt, ice cream, cottage cheese, ricotta cheese, soy milk, or almond milk
Beverages	Water, coffee, tea, sugar-free beverages (Crystal Light®, diet pop)	Regular soda and other beverages with high-fructose corn syrup
Sweeteners	Pure maple syrup, sugar substitutes (such as Stevia®), table sugar	Agave, honey or high fructose corn syrup