

Patient Preparation Guidelines for All Hydrogen/Methane Breath Tests

Any questions related to preparation should be discussed with your physician's office. If you (the patient) are not able to comply with these guidelines, for testing, you may not be a candidate for a breath test and your medical professional can assist you in determining if another test without these preparation limits is more suitable.

1. No smoking, including second-hand smoke for at least 1 hour before or at any time during the breath test.
2. No sleeping or vigorous exercise for at least 1 hour before or at any time during the test.
3. If you recently had antibiotic therapy, runny diarrhea, colonoscopies, barium studies or enemas, please **wait 14 days** after completion of the above mentioned prior to starting your breath test.

Before you start the breath test, a 24 hour preparation is required consisting of a 12 hour restricted diet and a 12 hour fasting period.

If you are uncertain if something will affect the test, **AVOID** the product.

1. The **first 12 hours** is the restricted diet. Limit your foods to those below.

You may drink plain water, coffee, tea (no sugar/artificial sweeteners or cream added)

Baked or broiled chicken, fish or turkey. (salt and pepper only)

White Bread (only)

Plain steamed white rice

Eggs

Chicken or beef broth

2. The **second 11 hours** DO NOT eat or drink anything, except water.
3. **NO WATER AN HOUR PRIOR TO ARRIVAL.**