

Hydrogen Breath Test Preparation Instructions

- ***NO FOOD, DRINK (INCLUDING WATER), GUM, OR MINTS PAST MIDNIGHT PRIOR TO THE TEST. THIS IS VERY IMPORTANT!***
- No antibiotics 14 days (two full weeks) prior to the test.
- This test should not be done within 14 days after a colonoscopy or a colon cleanse.
- Brush your teeth but do not swallow any water or toothpaste.
- No smoking for at least three hours prior to the test.
- Depending on the type of hydrogen breath test your physician has ordered, you will be here for 2 ½ to 3 ½ hours. If your physician has ordered multiple hydrogen breath tests, the tests must be performed on separate days. You will receive multiple appointment slips for multiple days. Plan to attend on all appointment dates.
- Do not take oral medications before the test. Bring them with you to take after completion of the test.
- **Dietary restrictions 24 hours prior to study:**

The day before your test, please limit your diet. A low-residue diet that minimizes nonabsorbable carbohydrates (starches and sugars) is strongly recommended. Here are examples of foods that you CAN eat:

- Baked or broiled chicken, fish or turkey. (salt and pepper only)
- White bread only.
- Plain steamed white rice.
- Eggs
- Clear chicken or beef broth.
- Drink water, non-flavored black coffee, or tea.

AVOID foods like:

- Pasta, whole grain products, bran, high fiber cereals, granola, etc.
- Fruit juices, applesauce, apricots, bananas, cantaloupe, canned fruit cocktail, grapes, honeydew melon, peaches, watermelon. Raw and dried fruits like raisins and berries.

- **Vegetable juices, potatoes, alfalfa sprouts, beets, green/yellow beans, carrots, celery, cucumber, eggplant, lettuce, mushrooms, green/red peppers, squash, zucchini, broccoli, cauliflower, brussels sprouts, cabbage, kale, swiss chard, beans, lentils, corn, etc.**
- **All nuts, seeds and beans, as well as foods that may contain seeds • Milk, cheese, ice cream, yogurt, butter**
- Please bring your medication(s) or a list of your medication(s) for the nurse to review.
- If you are on insulin, check with your primary care physician for instructions on any dose adjustment since you cannot eat or drink anything past midnight prior to the test. Please check your blood sugar on the morning of the test.
- Plan to arrive 15 minutes prior to your scheduled appointment in order to register. Enter the Memorial Hospital entrance on the ground floor and take the elevators/escalators to the first floor of Memorial Hospital - GI Medicine Clinic. Once in the waiting room, check in on the left hand side in the GI Medicine Clinic. This appointment time has been reserved for you and we request you arrive on time so we do not have to reschedule your test.
- The test is simple and precise but time consuming. You will be given a sweet solution to drink and then you will blowing into tubes at specified intervals for 2 or 3 hours depending on the type of test your physician has ordered.

If you need to reschedule your appointment, call 919-984-5050 to speak with a scheduler. For questions about the actual procedure, call 984-215-3083 to speak with a nurse.