

HYDROGEN BREATH TEST PREPARATION

(Lactose, Fructose, Bacterial Overgrowth)

- **NO food or drink beginning at midnight the night before your test.** This includes water, mints, and gum.
- You may brush your teeth the morning of your test. However, do NOT swallow the toothpaste or use mouthwash.
- Do NOT take your morning medications prior to the test. Bring them with you to the test so that you can take them immediately afterward.
- No smoking for 3 hours prior to the test
- No antibiotics 14 days (2 full weeks) prior to the test
- No type of bowel cleansing for 1 month prior to the test
 - This includes colonoscopy, barium enema, or high-dose laxatives
- The evening before your test, you should eat a low lactose, low fiber, low carb dinner
 - Meat, fish, poultry, eggs, green beans, and broccoli are allowed
- Your test will take approximately 2.5 to 3.5 hours to complete, depending on the type of breath test your doctor requested. The test is simple and easy to perform, but does take some time. You will be given a sweet solution to drink, followed by collection of your breath (you will exhale into small bags) at regular intervals.