

Hydrogen Breath Test Instructions

This test may be performed to test for lactose or fructose intolerance, or your doctor may be looking for other problems such as bacterial overgrowth (SIBO). To perform the test, you will drink a glass of sugar solution and blow into a balloon multiple times during the morning. The test lasts three to three and a half hours, so you should bring a book or magazine with you. Wi-Fi is available. Please follow the instructions carefully or we may not be able to perform the test.

If you are diabetic, please discuss this with our office when you schedule the test.

To prepare for the test:

- No antibiotics for three weeks before the test.
- No colonoscopy for three weeks before the test.
- The day before the test all dairy products consumed should be lactose-free. Examples include Lactaid milk and lactose-free yogurt as well as hard cheeses, such as parmesan.
- No “gassy” foods/vegetables the entire day before the test. Examples of foods to avoid include:
 - Beans, lentils, chickpeas, split pea soups, hummus
 - Cabbage, cauliflower, broccoli, kale, Brussels sprouts
 - Bran cereals and fiber crackers
 - Fiber-enhanced bars, cereals, snacks and frozen treats, including/especially products that contain an inulin or chicory root (e.g. Fiber One, Halo Top)
 - Sample meal plans are on the following page
- No probiotics for at least one week before the test
- Nothing to eat or drink after midnight

The day of the test:

- Nothing to Eat or Drink
- You may brush your teeth
- You may take all your regular medications with a small amount of water, with the following exceptions:
 - Do not take anti-diarrhea or anti-spasmodic medicines like Imodium, Lomotil, or Levsin (hyoscyamine), or Bentyl (dicyclomine)
 - Do not take oral diabetes medicines (other than metformin)
 - Do not take “motility” medicines like Reglan, Motegrity, domperidone (Motilium), Amitiza, Linzess, Trulance, or magnesium supplements
- Do not take pain medicines other than Tylenol, Motrin/Advil/ibuprofen, or Aleve/naproxen.
- Do not smoke anything or exercise before the test. Smoking and exercise can interfere with the results.

If you have any questions, or need to reschedule the test, please call the office. A \$50 fee will be charged for appointments not cancelled with at least forty-eight (48) business hours' notice, or if you arrive for the test and have not followed the instructions. Please have any necessary insurance referral(s) or the procedure may be cancelled.

Sample Meals for Day Before Test (Omnivore):

- Breakfast: Omelet with spinach/tomato, small amount parmesan or cheddar cheese, and sourdough toast with butter or nut butter
- Lunch: Turkey or tuna sandwich on white bread and a banana, or sushi rolls with miso soup
- Dinner should be high protein, low fiber which means minimal vegetable intake. Example: Chicken or fish with potatoes/fries, small amount of cooked carrots/zucchini/green beans

Sample Meals for Day Before Test (Vegan):

- Breakfast: Oatmeal with banana, nut butter, maple syrup
- Lunch: Sunshine plant-based burger with mustard or mayo, white potato wedges
- Snacks: Coconut yogurt, rice cakes with nut butter
- Dinner should be high protein, low fiber, which means minimal vegetable intake. Example: Tofu, white rice, small amount of cooked green beans/carrots/spinach