

Patient Pre-Test Guideline - Breath Hydrogen Testing

_____ **LACTOSE TEST:** Drink 12 ounces Milk 3 hours prior to the test

_____ **FRUCTOSE TEST:** Drink 1 can of Coke/Sprite 3 hours prior to the test

Medications:

- You should not have taken antibiotics for at least Four (4) weeks prior to the test
- One Week before the test do not consume any Pepto Bismol (or the generic equivalent)
- Three (3) day before, DO NOT take any Laxatives or Stool Softeners (Colace, Milk of Magnesia, or Ex-Lax) –or- and Stool Bulking Agents (Metamucil or Citrucel)
- You should also not undergo any test that requires cleansing of the bowel such as Colonoscopy or Barium Enema

The Day Before the Test:

Foods to AVOID: All Forms of Dairy, Fructose, and Starches. This includes (but is not limited to):

- | | | |
|-------------------------|-----------------------------|---------------------------------|
| * Cow's Milk | * All Fruit | * Sugar & Artificial Sweeteners |
| * Chocolate Milk | * Tomatoes, Carrots, Beets | * Beans |
| * Any Kind of Cheese | * Sweets & Candies | * Bread |
| * Ice Cream of Any Kind | of any kind | * Pasta |
| * Non-Dairy Creamer | * All Kinds of Fruit Juices | * Potatoes |
| * Whey Protein Powders | * Diet and Non-Diet Soda | * Corn |

Foods To Eat:

- Protein:** Chicken, Salmon, Turkey, Pork, Beef, Tofu (All Un-Marinated and Without Honey or Sugar).
- Vegetables:** Alfalfa Sprouts, Artichokes, Borage, Broccoli, Cooked Brussels Sprouts, Cabbage, Cauliflower, Celery, Chives, Garlic, Horseradish, Mushrooms, Lettuce, Parsley, Peas, Green Peppers, Radishes, Spinach, Turnips, Water Chestnuts, Yams, Soybeans.
- Starch:** White Rice, Brown Rice
- Nuts & Seeds:** All Nuts and Seeds are fine
- Flavoring:** Salt, Pepper, Lemon Juice
- Oil:** Any Oil – (But No Butter)
- Beverages:** Water, Black coffee, Plain Tea

The Night Before the Test:

- Water fast for 12 hours prior to testing (For Example 10 pm to 10 am). Pure water alone can be safely consumed during the 12-hour period without affecting the results of the test.

The Day of the Test:

- 2 Hours Before: Brush your Teeth and Tongue prior to the testing
- 1 Hour Before: DO NOT exercise, use Tobacco, or Sleep prior to testing, or during the test.
- ½ Hour Before: DO NOT Chew Gum, Mints, Candy or use Tobacco before or during the test.

Note: The reason for these restrictions is to avoid all potential sources of foods that may contribute to hydrogen production. Remember that the purpose of the test is to IDENTIFY what is causing your symptoms. We have to be very careful the day before the test in order to make sure the results are as accurate as they can be.