

Patient Preparation Guidelines for all Hydrogen/Methane Breath Tests

Any questions related to preparation should be discussed with a medical professional.

QuinTron is unable to provide medical advice.

If you (the patient) are not able to comply with these guidelines for testing, then 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.

- No smoking, including second-hand smoke, for at least 1 hour before or at any time during the breath test.
- No sleeping or vigorous exercise for at least 1 hour before or at any time during the breath test.
- Wait at least 14 days before beginning your breath test if you recently had antibiotic therapy, runny diarrhea, colonoscopies, barium studies or enemas.

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 or consult your physician prior to starting the test.

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)
- Plain steamed white rice
- Eggs
- Clear chicken or beef broth
- White bread (only)

2. The **second 12 hours** DO NOT eat or drink anything, except water.