

# Patient Preparation Guideline for all Hydrogen/Methane Breath Tests

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

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 for at least 1 hour before or at any time during the breath test
- No vigorous exercise for at least 1 hour before or any time during the breath test
- Wait at least 14 days before beginning your breath test if you recently had any antibiotic therapy or barium studies/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 diet.**

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 food to these 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 ( no water an hour prior)
  - Do not brush your teeth (unless you only use water)