

## Hydrogen Breath Test Instructions: How to Prepare

### 4 weeks Prior to the Test

- Breath testing should NOT be performed within 4 weeks of a *colonoscopy, fluoroscopy, or barium enema*.
- You should NOT take any *antibiotics* for 4 weeks prior to your scheduled breath test.
  - Broad spectrum antibiotics and bowel preparation (for colonoscopy, CT scanning, and/or barium enema) may alter the bacterial content of the small and large intestine leading to a false negative test result.

### 1 week Prior to the Test

- **Avoid** laxatives, stool softeners, and stool bulking agents for 1 week prior to the test.
- **Avoid** vitamins and medications containing fructose flavoring/lactose fillers for 1 week prior.
- **Avoid** fiber supplements, Imodium/Loperamide and Pepto Bismol for 1 week prior to the test
- **Avoid** prebiotics and probiotics (like lactobacillus, bifidus, and acidophilus) in capsule, liquid, or powder form for 1 week prior to the test.
- **Avoid** Hydrogen (H<sub>2</sub>) blockers and proton pump inhibitors (PPI's) (like Protonix and Aciphex) for 1 week prior to the test.
- **\*\*\*Continue taking all other medications and review ANY and ALL medication changes with your prescribing physician before making adjustments to your medications.**

### 1-3 Days Prior to the Test

- **Avoid** beans, peas, pastas and root vegetables for 48 hrs. prior to testing (All of these increase the amount of hydrogen produced in your gut and may potentially alter test results).
- **Avoid** all grain products including foods that contain whole grains, wheat, beans, pastas, tortilla wraps and all cereals.
- **Avoid** all fruits and fruit juices including raw and dried fruits like raisins and cranberries.
- **Avoid** all vegetables, vegetable juices, potatoes, alfalfa sprouts, beets, green/yellow beans, carrots, celery, cucumber, eggplant, lettuce, mushrooms, green/red peppers, squash, zucchini, onions, garlic, broccoli, cauliflower, brussel sprouts, cabbage, kale, swiss chard, lentils, etc.
- **Avoid** all nuts, seeds, and foods that contain seeds.
- **Avoid** all milk and dairy products EXCEPT eggs. This includes goat's milk, cheese, ice creams, yogurt, butter, etc.
- **Avoid** all foods and beverages containing high fructose corn syrup, sugar free foods, and condiments such as ketchup, mustard, mayo, and honey, etc.

### 1 Full Day Prior to the Test

- **Eat only:**
  - Baked or broiled chicken or turkey with low amounts of salt and pepper only.
  - Baked or broiled fish with low amounts of salt and pepper only.
  - Plain steamed white rice that is FULLY cooked.
  - Eggs
  - Clear chicken or beef broth, and
  - Drink water.
- **\*\*\*If you are not sure whether or not to avoid a food, we advise you to avoid the food to ensure it does not interfere with your test results or call our office for clarification.**
- Patients with **constipation** may need to fast longer than 1 day and follow this diet for 2-3 full days instead to ensure reliable test results, as constipation is often associated with delayed GI

transit time, and can result in carbohydrates taking longer to digest and remaining in your small intestine for prolonged periods of time. This could cause higher baseline hydrogen readings on the day of your test even if you've fasted for the required 12 hrs. *If you experience constipation please inform our office prior to your test date!*

- *\*\*\* If you are a diabetic, take any prescription, over-the-counter, or herbal medications, or suffer from any condition that may be affected by the suggested diet or fasting, please consult our office AND your prescribing physician prior to fasting or scheduling for breath testing.*

## **12 Hours Prior to the Test**

- *You will need to fast completely.* This means no food or drink for 12 hours prior to your test.
  - If your test is scheduled for 8AM, nothing to eat or drink after 8pm the night before your test.
- No candy or chewing gum for 12 hrs. prior to your test.
- Avoid smoking and second hand smoke for 12 hours prior. Cigarette smoking may lead to a false positive result due to carbon monoxide and must be avoided for 12 hrs. prior to testing.

## **On the Day of the Test**

- *Do not eat or drink anything for 12 hours prior to the test except for small amounts of water if needed.*
- **For SIBO Breath Testing (or Lactulose Breath Testing)**
  - A prescription for **Lactulose** will be provided during your office visit.
  - Please purchase the Lactulose and **BRING IT WITH YOU** to the office on the day of your breath test.
  - Please do NOT take it at home prior to your arrival to our office. It will need to be **TAKEN IN THE OFFICE.**
- **For Lactose Breath Testing**
  - Please bring **8 ounces of any dairy milk** with you to your breath test appointment
    - NO oat, rice, almond milk, etc.
- **For Fructose Breath Testing**
  - Please bring 1 can of regular soda with you to your breath test appointment
- *Please call the office regarding Covid testing for the latest information. You may need a negative Covid test prior to your breath test appointment.*

## **ADDITIONALLY, ON THE DAY OF YOUR TEST**

- **Avoid** peppermint oil and all probiotics the day of the test.
- **DO NOT** eat, drink (except water), chew gum or tobacco, smoke cigarettes, eat breath mints or candy before or during the test.
- **DO NOT** sleep or engage in vigorous exercise for at least 1 hour before, or at any time during, the test.
- **DO** TAKE prescription medications.
- **DO** BRUSH your teeth prior to the test.
  - Teeth should be cleaned thoroughly 2 hours prior to your test. You will be asked to rinse your mouth with an antibacterial mouthwash before starting the test (bacteria in the mouth may produce hydrogen). Rinsing may be done at home after brushing your teeth: please let us know if you have done this already when you arrive.
  - *\*\*\*Rinse with an antiseptic ONLY mouthwash on the morning of the test and do NOT use any denture adhesives. Some mouthwashes contain sugars that could affect your test results.*
- The test will take approximately 1-3 hours. Leave adequate time. Make transportation arrangements accordingly. Bring reading materials to occupy yourself.
- Bring a snack for AFTER the test as you could become lightheaded from being hungry.

Dr. Anubha Sinha, M.D., P.A.  
Hunterdon Digestive Health Specialists  
267 US-202, Flemington, NJ 08822  
Phone: 908.788.8200

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- *If you don't meet the conditions mentioned above on the day of the test, your test will need to be rescheduled to ensure accurate test results.*