

## Hydrogen Breath Test

This test provides information about the digestions of certain sugars or carbohydrates. This will help determine if you are intolerant to certain sugars, such as lactose or fructose. This test is also used to detect abnormal growth of bacteria within the small bowel. Bacterial overgrowth can cause a variety of symptoms including diarrhea, bloating, gas and abdominal cramps

### Prep:

#### **4 WEEKS BEFORE THE TEST**

- Stop take any antibiotics or antifungals

#### **2 WEEKS BEFORE THE TEST**

- DO NOT undergo colonoscopy, colonics or barium enemas during this time
- DO NOT perform within 2 weeks of atypical diarrhea

#### **1 WEEK BEFORE THE TEST**

- Avoid all laxatives or stool softeners. This includes (high does) vitamin C and magnesium that is being taken specifically to induce a laxative effect

#### **4 DAYS BEFORE THE TEST**

- Avoid all Proton Pump Inhibitors (PPI's) such as Omeprazole, Protonix, Nexium, Prevacid, and Prilosec

#### **48-24 HOURS BEFORE THE TEST**

- STOP taking all supplements, over the counter medications, and non-essential medications \*any questions regarding what medications to stop, please call the office\*
- You may consume ONLY the following foods and drinks:
  - o Baked or broiled chicken or fish
  - o Plain white bread, plain or steamed white rice or white potatoes
  - o Clear meat broth (no bullion or vegetable broth)
  - o Coconut or olive oil
  - o Salt and pepper to flavor only
  - o Weak, non-flavored black coffee or tea (no sweeteners or cream)
  - o Water, no mineral waters
  - o ANYTHING ELSE may give a false test result. Specifically avoid beans, pasta, fiber cereals and high fiber foods. The night prior to the test have an early dinner of rice and meat.

#### **12 HOURS BEFORE THE TEST**

- Stop eating and drinking

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### **MORNING OF TEST**

- Do not eat or drink anything in the morning
- You may take your essential medications with a small sip of water
- Two hours before the test, brush your teeth
- No smoking or vigorous exercise for at least 1 hour prior

**The Procedure:** To perform the test a breath sample will be collected by having you gently exhale (blow) into a bag as an initial sample. A solution of lactose, lactulose, or fructose will be given to drink. Breath samples will be collected every 15 minutes as your body digests the solution. After each breath the sample will be removed from the bag with a syringe. During the test you will not be allowed to eat, chew gum/candy, smoke, sleep or exercise. The test takes anywhere from 2-4 hours.

**Afterwards:** You will be able to drive yourself home after the test is completed and resume regular activity. You may eat and drink normally.