

BREATH TEST PREP

- Hydrogen Breath Test, SIBO
- Hydrogen Breath Test, Lactose

Please read prep instructions 14 days prior to test

1. **No** antibiotics or probiotics may be taken within two weeks of the test. If you are taking antibiotics the test will be rescheduled
2. **Do not eat slowly digesting foods** like beans, bran or any other high fiber cereals the day before the test. Examples of these foods are listed below
3. Do not smoke (including 2nd hand smoke), sleep or exercise vigorously 1 hour prior to the test
4. Do not chew gum within 12 hours prior to the test.
5. Do not take any herbs or natural supplements 12 hours prior to the test.
6. If you have recently had a colonoscopy, barium study or enemas, you must wait 14 days to complete your breath test.
7. If you take any Proton Pump Inhibitors (PPI) which contain Omeprazole, Lansoprazole, Dexlansoprazole, Esomeprazole, Pantoprazole, Rabeprazole, you must hold 7 days prior to your breath test.
8. You will be at the testing facility for a minimum of 3 hours. Feel free to bring something to work on. (Book, laptop, knitting, etc)
9. **Nothing to eat 12 hours prior to the test.** (this includes medications) You may only drink water. ****Please call your primary care doctor to ensure missing your medications for this 12 hour period is permitted****

Patient Name: _____

Test Location: _____ Phone: _____

Date of Test: _____ Time: _____

If you have questions prior to your test please call our office at 303-788-8888.

LISTED BELOW ARE GENERIC **AVOIDANCE** GROUPS AND ARE NOT LIMITED TO WHAT IS LISTED. **(These are foods you should NOT eat within 24 hours of your test)** If you are uncertain if something may affect the test, do not consume the product.

Grain Products: Whole grain products (including cereals/melba toast), brans or high-riber cereals

Fruits: Fruit, fruit juices, applesauce, canned fruit cocktail, raw/dried fruits like raisins and berries, yogurt or any other food that contains any fruit. (including tomatoes)

Vegetables: All Vegetables, vegetable juices, anything that contains vegetables

Nuts, Seeds, Beans: All nuts, seeds and beans, as well as foods that may contain seeds (again to include no fruits or vegetables)

All Dairy Products: Milk, cheese, ice cream, yogurt, butter, cream cheese, sour cream, etc.

Suggestions for patient's meal prior to NPO:

-Baked or broiled chicken or turkey (Salt and Pepper only – no other seasoning)

-Baked or broiled fish (Salt and Pepper only – no other seasoning)

-Plain, steamed, white rice

-Eggs (not fried in butter or any other dairy product, salt and pepper only – no other seasoning)

-Clear chicken or beef broth (no vegetables)