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Hydrogen Breath Test Prep

Patient Prep: Plan to be at our office for your appointment for up to 2 hours the day of the test.

* **FOUR WEEKS PRIOR TO TEST**

- **NO** Colonoscopy
- **NO** Barium Enema
- **NO** Antibiotics

* **ONE WEEK PRIOR TO TEST**

- **NO** laxatives or stool softeners
- **NO** Vitamins and medications that contain fructose flavoring or lactose fillers
- **NO** fiber supplements, Imodium/Loperamide, or Pepto Bismol

DIET AND PREPARATION 24 HOURS BEFORE THE TEST

RECOMMENDED FOOD AND DRINKS: Baked or broiled Chicken or Turkey, all fish, eggs, creamy peanut butter, plain white bread, plain white rice, plain white potatoes, water, non-flavored black coffee or tea. Salt or pepper may be used to flavor your food.

AVOID THESE FOODS AND DRINKS: Beans, pasta, meats (steak), all vegetables, all fruits, fiber or bran cereals, tofu, nuts, popcorn, butter or margarine, whole wheat or rye breads, all dairy products (milk and cheese), high fiber food (whole grains). Avoid sodas (pop) cola drinks and drinks with high fructose corn syrup.

12 HOURS BEFORE THE TEST

- **Fast** 12 hours prior to the test
- **DO NOT** eat candy, chew gum, or smoke 12 hours before the test

DAY OF THE TEST

- **DO TAKE** prescription medications with a small amount of water
- **DO BRUSH** your teeth prior to the test

If you do not met the conditions above by the day of the test, the test will need to be rescheduled.

**Center for Digestive Disease
For Questions please call: 936-321-5440 ext. 136**