

Hydrogen Breath Testing

Your physician has ordered a Hydrogen Breath Test. This is a test that is done to check for lactose intolerance, fructose intolerance and small bowel bacteria overgrowth. If more than one type of breath test is ordered by your doctor, the tests must be done on different days because of the testing solutions used. Plan to be here for a total of 3 hours for the tests ordered.

1. Antibiotics, probiotics or colonoscopies may change the results of the test. These medications/tests must not be taken/performed within 14 days before the breath test.
2. The day before the test you can only eat items from the following list of foods. There is no limit to how much you can eat of each item:
 - Baked or broiled chicken, fish or turkey. (salt and pepper only)
 - Plain steamed white rice.
 - Eggs: hard boiled, scrambled or poached, DO NOT cook with oils or butter.
 - Clear chicken or beef broth. No vegetable broth.
 - Coffee, tea or water. (NO additives such as sweetener, dairy or cream)
 - White bread
3. DO NOT EAT or drink anything except for water 12 hours before the test.
4. You may continue to take all of your regular medications - even on the day of testing.
5. 1 HOUR before test or anytime during the test you should not:
 - Smoke or be around anyone who does smoke.
 - Sleep
 - Exercise
6. Do not brush your teeth with toothpaste on the morning of the test. Use water only. Do not use mouthwash on the morning of the test.
7. Do not use mints or gum on the day of the test. You may use them after the test is over.

If you have any questions before the test or need to reschedule, please call the office at (217) 383-3610.

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