

At Home Hydrogen Breath Testing

Preparation for the hydrogen breath test.

Your provider has ordered a Hydrogen Breath Test for you. This is a test to check for Lactose Intolerance, Fructose Intolerance and/or Small Bowel Bacteria Overgrowth. If more than one type of breath test is ordered by your provider, the tests must be 48 hours apart because of testing solutions used. Each test will take a total of 3 hours to complete. Please plan accordingly. If you have any questions before the test or need to reschedule, call the office at (217) 383-3610. We are located in the Digestive Health Center - 1st Floor.

Supplies you will need:

- A timer. You can use the timer on a smartphone.
- The clinic will supply:
 - Test solution
 - Easy sampler device
 - Test tubes
 - Labels
 - Bubble bag

If you've had colonoscopies, barium studies, enemas, or have been taking antibiotic and/or probiotic therapy, wait 14 days before starting your breath test as the results may be altered.

24 hours before the test:

Consume foods ONLY from the list below. You do not have to eat everything on the list; but, you cannot eat anything that is not on this list.

- Baked or broiled chicken, fish or turkey
- Plain steamed white rice
- Eggs, hard boiled or poached. DO NOT cook with oil or butter.
- Clear chicken or beef broth. No vegetable broth.
- White bread
- Coffee, tea, water (NO additives such as sweetener or cream)
- Salt and pepper

12 hours before the test:

- DO NOT EAT or drink anything except water.

The morning of the test:

- You may continue to take all of your regular medications - even on the day of testing.
- DO NOT brush your teeth with toothpaste or use mouthwash. Use water only.
- DO NOT use mints or gum.
- You may drink water during the test.

1 hour before the test and anytime during the test you should not:

- Smoke or be around anyone who smokes
- Sleep
- Exercise

Performing the breath test:

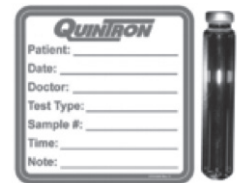
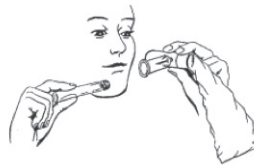
- Make sure you have a timer near you throughout the entirety of the test.
- Place the time you are performing the test on each label.
- Collect your baseline sample following the steps mentioned below.
- In an 8-ounce cup of water, add the solution and mix it. Do not drink the solution until your baseline breath sample is collected.
- Once you have drank all of the solution, start your _____ minute timer and wait until the whole time has passed.
- After _____ minutes, collect your breath sample following steps 1-3. Repeat steps 1-3 every _____ minutes until all test tubes are used. You should have a total of _____ test tube samples when done.

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How to perform the breath test.

If you've had colonoscopies, barium studies, enemas, or have been taking antibiotic and/or probiotic therapy, wait 14 days before starting your breath test as the results may be altered.

1. Identify the EasySampler device and the collection tube. Hold each one in separate hands. Take one normal breath in. Close your mouth around the mouthpiece of the EasySampler device then blow out normally.



2. When you breathe out, the bag should fill with air. You might notice a small hole in the bag. Don't worry about it, the small hole in the bag is intentional. When you're breathing out, slowly insert the labeled tube in order into the needle holder until the stopper on the tube is punctured.



3. Blow in bag for 5 seconds. Then, slowly remove the test tube but keep the bag inflated until the test tube is completely removed from the test tube holder.



SMALL BOWEL BACTERIAL OVERGROWTH

TEST TUBE #	COLLECTION TIME	COLLECTION PROCESS
#1 Baseline		Before drinking
#2		20 min. after drinking
#3		40 min. after drinking
#4		60 min. after drinking
#5		80 min. after drinking
#6		100 min. after drinking
#7		120 min. after drinking
#8		140 min. after drinking
#9		160 min. after drinking
#10		180 min. after drinking

LACTOSE OR FRUCTOSE

TEST TUBE #	COLLECTION TIME	COLLECTION PROCESS
#1 Baseline		Before drinking
#2		60 min. after drinking
#3		120 min. after drinking
#4		180 min. after drinking