

PREPARATION GUIDELINES FOR BREATH HYDROGEN ANALYSIS

Guidelines below need to be followed for all Breath Hydrogen Tests:

- **Antibiotics must be completed 2 weeks prior to this test.**
- **Nothing by mouth after 8 p.m. the day before the test**
- **The day before the test avoid the food products listed in the paragraphs below.**
- **No smoking, including second-hand smoke for at least 1 hour before the test.**
- **No sleeping or vigorous exercise for at least ½ hour before or anytime during the test.**

The following is a list of foods to avoid and is a general guideline. If you are uncertain if a food product may affect the test, **PLEASE DO NOT CONSUME** the product.

- **Grain Products:** Pastas, whole grain products (including cereals and melba toast) brans or high-fiber cereals, granola, etc.
- **Fruits:** Fruit juices, applesauce, apricots, bananas, cantaloupe, canned fruit, grapes, honeydew melon, peaches, watermelon. Raw and dried fruits like raisins and berries. Yogurt which contains fruits.
- **Vegetables:** Vegetable juices, potatoes, alfalfa sprouts, beets, green/yellow beans, carrots, celery, cucumber, eggplant, lettuce, mushrooms, green/red peppers, squash, zucchini, etc.
- **Vegetables from the cruciferous family:** Broccoli, cauliflower, Brussel sprouts, cabbage, kale, swiss chard, beans, lentils, corn, etc.
- **Nuts, seeds, beans:** All nuts, seeds and beans, as well as foods that may contain seeds.
- **All dairy products (except eggs):** Milk, cheese, ice cream yogurt, butter need to be avoided.
- **Meats, Pastas, Corn or products that contain cord (except those listed on the next page).**

SUGGESTIONS FOR THE MEAL THE DAY BEFORE THE TEST:

- Baked or broiled chicken, fish, or turkey. (salt and pepper only)
- Plain steamed white rice
- Eggs
- Clear chicken or beef broth

BREATH HYDROGEN TEST

What is a Breath Hydrogen Test? (Lactulose)

The Breath Hydrogen Test is used to identify abnormal growth of bacteria in the small intestine.

What is a Lactose Breath Hydrogen Test?

The Lactose Breath Hydrogen Test can determine if you have a problem digesting Lactose Products (i.e. milk, cheese, ice cream, etc.)

What should I expect during the test?

First you will collect a baseline breath sample by breathing into the collection device. Next, you will drink a solution. Then, every 20 minutes for a 3-hour period, you will breathe into the device. You will collect a total of 10 breath samples.

- Please allow 3 ½ hours for the test.

You will be notified by letter the results of this test once it's read by a provider.

Thank you for choosing Guthrie!