

Hydrogen Breath Test- Guidelines

The hydrogen breath test is a non-invasive diagnostic procedure used to identify gastrointestinal disorders such as lactose intolerance and small intestinal bacterial overgrowth (SIBO) by measuring levels of hydrogen in your breath after consuming a specific sugar solution.

- 2 Weeks Before Your Hydrogen Breath Test
 - ALL antibiotics must be completed
 - DO NOT start taking any antibiotics (if you become ill and need an antibiotic, please call to reschedule your test)

- 1 Week Before Your Hydrogen Breath Test
 - You MUST stop taking
 - Antacids
 - Probiotics
 - Laxatives
 - Over the counter vitamins and supplements
 - Stool softeners
 - You MUST stop taking
 - Omeprazole (Prilosec)
 - Esomeprazole (Nexium)
 - Lansoprazole (Prevacid)
 - Simethicone (GasX)
 - Pantoprazole (Protonix)
 - Dexlansoprazole (Dexilant)
 - Famotidine (Pepcid, Zantac)
 - Loperamide (Imodium)
 - Linzess, Trulance, Amitiza

- 8am-8pm the Day BEFORE Your Hydrogen Breath Test
 - Only consume the following foods:
 - Baked/broiled chicken, turkey, or fish (salt and pepper only)
 - Plain steamed white rice
 - Eggs
 - Clear chicken or beef broth

- At 8pm the NIGHT BEFORE Your Hydrogen Breath Test
 - DO NOT eat or drink anything until after your test
 - DO NOT chew gum or use breath mints

- Morning of Your Hydrogen Breath Test
 - OKAY to take morning medication with small sip of water
 - DO NOT brush your teeth with toothpaste

A few guidelines to keep in mind:

NO SMOKING OR VAPING for at least ONE (1) HOUR before (or at any time during) testing.

NO SLEEPING for at least one (1) hour before (or at any time during) testing.

NO VIGOROUS EXERCISE for at least one (1) hour before (or any time during) testing.

If you have any questions leading up to your Hydrogen Breath Test, please contact your provider for further clarification.