



## *Hydrogen Breath Test – Guidelines*

### 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

MUST stop taking antacids, probiotics, laxatives, stool softeners, and over the counter vitamins and supplements

MUST stop taking all the following:

omeprazole (Prilosec)

pantoprazole (Protonix)

esomeprazole (Nexium)

dexlansoprazole (Dexilant)

lansoprazole (Prevacid)

famotidine (Pepcid, Zantac)

Simethicone (Gas X)

loperamide (Imodium)

MUST stop taking bowel medications:

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### 8am to 8pm the day BEFORE your Hydrogen Breath Test

The following types of food should be all that you eat

Baked or broiled chicken or turkey (Salt and pepper only)

Baked or broiled 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 else until after your test

DO NOT chew gum or use breath mints

### Morning of your Hydrogen Breath Test

It's OK to take your morning medications with a small sip of plain water

DO NOT brush your teeth with toothpaste

### A few guidelines to keep in mind

No smoking/vaping for at least 1 hour before or at any time during the test

No sleeping for at least 1 hour before or at any time during the test

No vigorous exercise for at least 1 hour before or at any time during the test