

PREPARATION FOR THE HYDROGEN BREATH TEST

- **THIRTY(30) days before test,**
 - No antibiotics or antifungal medications (erythromycin for gastroparesis is allowed).
- **FOURTEEN(14) days before the test,**
 - No test that requires cleansing of the bowel, such as colonoscopy or barium enema.
- **SEVEN(7) days before test,**
 - No fiber supplements such as Metamucil, Citrucel, Benefiber, psyllium, fiber gummies, fiber bars.
 - No probiotics. No Carafate. No Tums.
 - No laxatives or stool softeners such as lactulose, Miralax, Senna, Dulcolax, Milk of Magnesia, Pepto- Bismol, Colace, magnesium, Smooth Move tea,
 - No anti-diarrheal medications such as Lomotil, Imodium, Kaopectate.
 - No anti-gas medications such as Gas X or Simethicone. No enemas.

- **The day before the test:**

CONSUME ONLY:

White bread such as Wonder or Stroehmann (**NO** Italian, French or sour dough or bagels)

White oyster crackers or white saltines. (for Gluten free- Good Thins Rice Simply Salt) No whole grain.

Plain steamed *white* rice

Fresh baked or broiled chicken, turkey or fish (**NO** processed meat. **NO** beef, goat, lamb or pork)

Boiled or microwaved egg

Water, weak black coffee or black tea-non flavored. No herbal teas.

Only salt and pepper may be used to flavor your food

(**NO** butter, margarine, jelly, soda pop, juices, dairy, candy or gum)

**** DO NOT allow your child to EAT OR DRINK ANYTHING ELSE—it could give false results for the test.

All allowed foods need to be eaten in moderation. To provide guidance: Protein serving 3 ounces of meat or 1 egg. Carbohydrates: Rice serving 1 cup. Bread serving 1 slice. Saltine serving 5 crackers. Can have 3 meals + 1 snack. For breakfast and lunch can have 2 protein servings and 1 serving for the evening meal and snack. 2 carbohydrate servings for each meal and the snack.

- **12 hours before your test:**

Your child must stop eating and drinking 12 hours before the test. **Water is allowed.**
For example, if the test is at 8:00 a.m., your child would stop eating and drinking at 8:00 p.m. the night before.
- **The day of your test:**

Your child may take prescription medications with water except those listed above.
Do brush the teeth but don't swallow tooth paste. Rinse well with water.
Your child cannot eat, drink, chew gum, or have candy or mints.
Tobacco or cigarette smoke can interfere with the test so there should be no exposure.
No sleeping 1 hour before the test or during.
The test will last for at least **three** hours. Please allow sufficient time for completion of the test.
You may wish to bring a book and play items to occupy the child. Wireless internet is available.
If you have questions regarding the test or appointment, please call 585-275-2647.

The Test Procedure

- A breath sample will be collected by having child exhale into a small device.
- A 5 to 8-ounce solution will be given for child to drink. Child needs to drink this whole amount within 5 minutes.
- Breath samples will be collected every 20-60 minutes.
- During the test, take notice of symptoms and **inform the technician** if child has typical symptoms for which the test is being performed.
- During the test, child should not eat, chew candy, sleep, exercise or be exposed to smoke.
- When the test is over you may leave. No need to stop at check out. Usual diet and activity may be resumed after the test.
- If you have not received results in a week then contact your doctor's office to request the results.