



INSTRUCTIONS FOR ALL HYDROGEN/METHANE BREATH TESTS:

DATE OF PROCEDURE: _____ **ARRIVAL TIME:** _____

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If you are not able to comply with these guidelines for testing, then you may not be a candidate for a breath test. Please speak with your physician to determine if another test without these preparation limits is more suitable.

- No smoking, including second-hand smoke, for at least 1 hour or at any time during the breath test
- No sleeping or vigorous exercise for at least 1 hour or at any time during the breath test
- Wait at least 14 days before beginning your breath test if you recently had antibiotic therapy, runny diarrhea, colonoscopy, barium studies or enemas

Before you start the breath test, a 24-hour preparation is required consisting of a 12-hour restricted diet, and a 12-hour fasting period.

If you are uncertain if something will affect the test, **AVOID** the product or consult your physician prior to starting the test.

1. The **first 12 hours** is the restricted diet. Limit your foods to those below
You may drink plain water, coffee, tea (no sugar/artificial sweeteners or dairy added)

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

2. The **second 12 hours** DO NOT eat or drink anything, except water.

After the procedure: You may resume normal diet directly after the procedure