

Rockville Internal Medicine
1201 Seven Locks Rd St. 207
Rockville, MD 20854
301-762-5020 ext. 3056

Hydrogen Breath Test

Appointment Date:

Appointment Time:

The guidelines below are to be followed for Hydrogen/ Lactose Breath Test

*No smoking, including second hand smoke, for at least 1 hour before or at any time during the breath test. *If you recently had antibiotic therapy, runny diarrhea, colonoscopies, barium studies or enemas, please **wait 14 days** after completion prior to schedule your breath test. *Avoid bismuth (etc. Pepto Bismol) for 2-4 weeks before testing. *No sleeping or vigorous exercise for at least 1 hour before or at any time during the breath test. *Use mouth wash just before testing.

***Reminder: This test takes 90/ 180 minutes. (Please bring a book, magazine etc.)**

The day before your test, please limit your diet (eat meals that are low in fiber).

Here are foods you CAN eat.

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

If you are uncertain if something will affect the test, AVOID the product.

Avoid food such as:

- *Pasta, whole grain products, bran, high fiber cereals, granola, etc.
- *Fruits juices, applesauce, apricots, bananas, cantaloupe, canned fruit cocktail, grapes, honeydew melon, peaches, watermelon. Raw and dried fruits like raisin and berries.
- *Vegetable juices ,potatoes, alfalfa, sprouts, beets, green/yellow beans,carrots,celery,cucumber,eggplant,lettuce,mushrooms,green/red pepper, squash, zucchini, broccoli, cauliflower, Brussel sprouts, cabbage, kale, Swiss chard, beans, lentils, corn, est.
- *All nuts, seed and beans, as well as foods that may contain seeds.
- *Milk cheese, ice cream, yogurt and butter.

Do not have anything to eat or drink for at least 12 hours before the exam! However you may drink water.