

HYDROGEN BREATH TEST PREPARATION GUIDELINES

Please read and follow these instructions carefully

Preparing for the Test

BEFORE YOU START THE TEST

Please read all directions on these pages and the directions that come with the kit first. The test results will be useful only if the samples are properly collected. Video instructions can be found online at www.virginiamason.org/preparation Click on 'Hydrogen Breath Test'

Description of the Test

Hydrogen breath tests are done to measure gasses you breathe out. The gasses are collected and evaluated for lactose intolerance, fructose intolerance or malabsorption. This test is also used to detect the abnormal growth of bacteria within the small intestines. Bacterial overgrowth can cause symptoms such as diarrhea, bloating, gas, and abdominal cramps. If you require testing for lactose intolerance, fructose intolerance, and bacterial overgrowth, they will need to be scheduled on separate days.

Hydrogen breath test is generally a safe procedure. Occasionally, a patient may experience some of the same symptoms for which they are being tested for, such as abdominal pain or diarrhea. Part of your test is reporting any symptoms you experienced. Whether you experience any symptoms or not, please write it down and send the note back with the kit.

After the Tests

You will be able to resume your regular diet, fluids, and regular medications after the test is complete.

The samples will be analyzed at the Seattle GI department and a gastroenterologist will interpret the study. A report will then be made available to your referring doctor, who will notify you of the results.



If you have any questions about either of the tests above, our staff and nurses are available Monday through Friday from 8:00AM to 6:00PM and can be reached at (206)223-2319.

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Patient Name: _____

MRN: _____

<u>Four Weeks Prior</u>	<u>Two Weeks Prior</u>	<u>3 Days prior</u>	<u>1 Day Prior</u>	<u>Procedure Day</u>
<p><u>Antibiotics:</u> You cannot take antibiotics until after your test is complete.</p> <p><u>Colonoscopies:</u> You should not have a colonoscopy for four weeks before your hydrogen breath test.</p>	<p>No Pepto-Bismol 2 weeks prior.</p> <p>No barium studies or enemas 2 weeks prior.</p> <p><u>Probiotics:</u> Please do not take Probiotics for two weeks prior to your procedure.</p> <p><u>Patients with Diabetes:</u> If you are followed by a provider outside Virginia Mason for your diabetes care, please call that provider for instructions on your medication changes for this test.</p> <p>If you are followed by a Virginia Mason provider for your diabetes care, please follow the diabetes instructions given to you by your diabetes care provider.</p>	<p><u>Medications:</u> Please do not take the following medications before your procedure 3 days prior:</p> <p><u>Laxatives</u> such as: Correctol Ex-Lax Senokot Ducolax</p> <p><u>Stool bulking agents</u> such as: Citrucel Fibercon, Metamucil</p> <p><u>Anti-diarrhea medications</u> such as: Imodium Lomotil</p>	<p><u>Allowed foods:</u>  Baked or broiled chicken or turkey Baked or broiled fish Plain steamed white rice Eggs Clear chicken or beef broth Salt and Pepper</p> <p><u>Foods to Avoid</u> Grain products Fruits Vegetables Nuts, seeds and beans All dairy except eggs Fruit juice and beverages with added sugar Any spices other than salt and pepper</p> <p><u>Fasting:</u>  No food for 12 hours before your procedure, however, you may drink plain water this evening. Stop eating at _____</p>	<p><u>Diet:</u> Have nothing to eat or drink, including chewing gum, before and during your test.</p> <p><u>Medication:</u> Do not take your morning medications. You can take them after your test is finished.</p> <p><u>Brushing your teeth:</u> Do not brush your teeth within 2 hours of your start time. For example, if you start at 8:00 AM, you can brush your teeth before 6:00 AM.</p> <p><u>Smoking:</u> Please do not smoke for one hour before and not during your test--it will affect the test results. You can resume smoking after the test is finished.</p> <p><u>Sleep and Exercise:</u> Please do not sleep or exercise vigorously one hour before or during the test. The breath test will last about 3 hours.</p>