

1825 Logan Ave. (Entrance 8)
Waterloo, Iowa 50703
319.235.3823

UnityPoint Health - Allen Hospital
Digestive Health Center
CedarValleyGI.com

125 E. Tower Park Drive
Waterloo, Iowa 50701
319.234.5990

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Hydrogen Breath Test Instructions

The hydrogen breath test is designed to determine if you are unable to digest lactose and fructose. The test also can determine if there is a bacterial overgrowth in the small intestine.

2 Weeks prior to test:

- NO colonoscopy, barium, or antibiotics

Medications to avoid 7 days prior to test:

- Zegerid (Omeprazole/sodium bicarbonate), Prilosec (Omeprazole), Prevacid (Lansoprazole), Aciphex (Rabeprazole), Protonix (Pantoprazole), Nexium (Esomeprazole), Dexilant, Carafate.

Medications to avoid 5 days prior to test:

- Anti-diarrheals, fiber medications, miralax, and other laxatives, probiotics, and stool softeners.

Day before the test:

- **If diet not strictly followed, test will need to be rescheduled.**
- **Only Foods Allowed:** Baked or broiled chicken, fish or turkey (salt & pepper only), plain white rice, eggs, chicken/beef broth, plain white bread.
- **Only Liquids Allowed:** Water, coffee, tea. (No additives).
- **Do NOT eat or drink 12 hrs. prior to the test. Only PLAIN water may be consumed.**
- **Do NOT sleep, exercise, or smoke for 1 hour before the test.**

What to expect the day of the test:

- You can use inhalers up to 1 hour prior to test.
- Hold morning medications until after the test.
- You will be asked to give a breath sample into a bag at the start of the test and every 20-60 minutes after.
- You will ingest specific sugar water for the test after the baseline breath sample.
- You will be here for 3 hours from the start of the test.
- You may want to bring reading materials (WiFi available).
- You will wait in the waiting area between breath samples.
- **Do NOT eat, smoke, sleep, or exercise during the test.**

When you are finished with the test:

- Schedule the next hydrogen breath test before you leave, if needed.
- The results of the test will be called to you in 1 week.
- You may possibly be visiting with nurse practitioner same day of breath test.
- Schedule of follow up with ordering physician before you leave.

Date Of Procedure _____ Time _____ Bacterial / Fructose / Lactose

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Location: Office Endoscopy Suite

125 E. Tower Park Dr.

If you have any questions or concerns, please call our office at 319-234-5990.

Office hours are Monday – Friday from 8:30am - 5:00pm, with phones answered 24 hours per day for emergencies.

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