

Hydrogen Breath Test Instructions

The hydrogen breath test is designed to determine if you are unable to digest lactose and fructose. The test can also 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 (dexlansoprazole), Carafate (sucralfate).

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 is not strictly followed, your test will need to be rescheduled.**
- **Only foods allowed:** Baked or broiled chicken, fish or turkey (salt & pepper only), plain white rice, eggs, chicken or beef broth, plain white bread.
- **Only liquids allowed:** Water, coffee, tea. (No additives.)
- **Do NOT eat or drink 12 hours 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 the 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 (Wi-Fi 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.
- You will receive the results of the test in 1 week.
- You may be visiting with a nurse practitioner the same day of your breath test.
- Schedule a follow-up with the ordering physician before you leave.

Date Of Procedure _____ Time _____ Bacterial / Fructose / Lactose

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**Location: 1015 S. Hackett Rd.
Waterloo, IA 50701**

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

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