

## Hydrogen Breath Test Instructions

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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, antibiotics, or Zofran

### Medications to avoid 7 days prior to test:

- 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. (No butters, oils, or cooking spray allowed.)
- **Only liquids allowed:** Water, black coffee, black 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 1 hour before the test.
- No gum, candy, or mints the day before or the day of the test.

### What to expect the day of the test:

- You **may** brush your teeth the morning 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.
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## 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.

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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.