



HydroStat Hydrogen Breath Test Pre-Test Guidelines

To Identify the Causes of Chronic Digestive Problems

Scheduling:

A hydrogen breath test is scheduled for _____ on
_____ day at _____ time at our office.

A 12 hour fast is required to perform your testing. Do not eat anything after _____ pm, the night before your test. After that only pure water is permitted until after your test is complete.

What is the Hydrogen Breath Test?

The hydrogen breath test is used to identify three disorders which cause chronic GI symptoms:

1. Small intestinal bacterial overgrowth (SIBO) – excessive bacteria in the small intestine. It is very important to diagnose and treat SIBO as it can cause damage to our gut and can lead to other illnesses (see information sheet)
2. Lactose intolerance – the inability of the body to digest and absorb lactase, the sugar found in dairy products
3. Fructose malabsorption – the inability to digest and absorb fructose, the most prominent sugar found in fruit juices, fruits, corn syrup, etc.

Test Procedure

To ensure accuracy of the test, you will need to carefully follow these guidelines before and the day of your test (use the Pre-test Checklist)

Medications/Things that Can Create Errors in Your Test:

- For four (4) weeks before the test you should not have taken antibiotics
- For four (4) weeks before the test you should not have had any test that requires cleansing of the bowel such as colonoscopy or have any enemas or colonics
- For two (2) weeks before the test do not take any probiotics
- For one (1) week before the test do not take any Pepto Bismol (or generic equivalent)
- For (3) three days before the test, do not take any laxatives or drink any laxative teas
- For (3) three days before the test, do not take any stool softeners (such as Colace, Milk of Magnesia, or Ex-Lax)
- For (3) three days before the test, do not take any stool bulking agents (such as Metamucil or Citrucel)
- For (1) one day before the test, do not take any vitamin or herbal supplements.

- Take your usual prescription medications with water until 12 hours before your test
- Smoking or chewing tobacco within 30 minutes or during the test
- Food of any kind, any drinks other than pure water, chewing gum, sugar free and regular candy before or during your test
- Exercise within 30 minutes or during the test
- Sleep within 30 minutes or during the test

What to Eat the Day before Your Test

- The day before your test eat only from the allowed list of foods. No other foods, dairy products, fruits, alcoholic beverages, sweeteners or spices may be consumed.

EATING OR DRINKING ANYTHING ELSE COULD GIVE A FALSE RESULT ON YOUR TEST

Protein: Poultry, fish, eggs (plain, unbreaded, unseasoned, cooked in small amount of oil)
Starch: White rice, plain or lightly salted rice cakes, boiled rice noodles
Flavoring: Salt
Oil: Any oil in small quantity (except butter)
Beverages: Plain water, black coffee, plain tea, rice milk (unsweetened)

- Stop eating at least 12 hours before your scheduled test

The Day of Your Test

- On the day of your test, only pure water can be consumed
- Do not take any prescription medications until after your test unless advised otherwise by your physician. If you are diabetic, check with your physician about adjusting your morning dose
- Two (2) hours before your test, brush your teeth and tongue.
- One (1) hour before your test and at any time during the test, do not exercise, smoke or sleep. Avoid second hand smoke.
- Thirty (30) minutes before the test and at any time during the test, do not chew gum, mints, candy or tobacco.
- Arrive promptly for your appointment
- A baseline breath sample will be collected by having you hold your breath for 15 seconds and then breathe into the HydroStat instrument
- After this, you will be given an 8 oz. "challenge" drink of glucose, lactose or fructose.
- Breath samples will be collected every 15 or 30 minutes in the same manner as your baseline.
- If you have any GI symptoms any time during the test, please inform the technician.
- The test takes from one to three hours (rarely four hours of testing may be required). Please allow sufficient time in your schedule to complete your test.

What Happens After the Test?

- When testing is completed results will be analysed by your practitioner
- Schedule a follow-up appointment to receive the results of your test and begin treatment if necessary
- After the testing is complete you may resume your normal eating and activities

Pre-Test Checklist (Bring this to your appointment)

- Last food eaten: Date _____ Time _____
- Brushed teeth AND tongue
- Didn't smoke within 30 minutes of appointment
- Didn't chew gum or have any candy or mints within 30 minutes of appointment