

GUIDELINES FOR HYDROGEN BREATH TESTS

1. **DO NOT** eat or drink anything after 8 p.m. the evening before your test.
2. No sleeping or vigorous exercise for at least 1 hour prior to your test.

FOODS YOU SHOULD AVOID FOR 24 HOURS PRIOR YOUR TEST (IF YOU ARE UNSURE IF SOMETHING WILL AFFECT THE TEST, AVOID THE PRODUCT).

GRAIN PRODUCTS: Pastas, whole-grain products (including cereals & melba toast), brans, and high-fiber cereals.

FRUITS: Fruit juices, applesauce, apricots, bananas, cantaloupe, canned fruit cocktail, grapes, honeydew melon, peaches, watermelon. Raw and dried fruits like raisins and berries.

VEGETABLES: Vegetable juices, potatoes, alfalfa sprouts, beets, green/yellow beans, carrots, celery, cucumber, eggplant, lettuce, mushrooms, green/red peppers, squash, zucchini, broccoli, cauliflower, brussel sprouts, cabbage, kale, swiss chard, beans, lentils, corn.

NUTS & SEEDS: ALL nuts and seeds as well as foods that may contain seeds.

ALL DAIRY PRODUCTS (EXCEPT EGGS): Milk, cheese, ice cream, yogurt, butter.

BEEF, PORK, AND VENISON

SUGGESTIONS OF FOODS YOU MAY CONSUME FOR THE 24 HOURS PRIOR TO YOUR TEST:

Baked or broiled chicken or turkey; salt and pepper only
Baked or broiled fish; salt and pepper only
Plain steamed white rice (no butter); salt and pepper only
Eggs boiled or poached (not fried)
Clear chicken or beef broth or bouillon (not creamed and no noodles)
Black coffee (no milk or creamer) sugar only
Tea (no milk or creamer) sugar only
Water
Soft drinks
Popsicles
Gelatin without fruit
Gatorade or Crystal Light