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## HYDROGEN BREATH TEST INSTRUCTIONS

LACTOSE BREATH TEST DATE: **TIME: 8:45** 2 HOUR TEST TIME: 7:45 3 HOUR TEST DATE: LACTULOSE BREATH TEST 3 HOUR TEST FRUCTOSE BREATH TEST DATE: TIME: 7:45

- If you recently had antibiotic therapy, runny diarrhea, colonoscopies, barium 1. studies or enemas, please wait 14 days after completion of the above mentioned prior to starting your breath test.
- If you take Proton Pump Inhibitors (PPI's) including Prilosec, Prevacid, Dexilant, 2. Nexium, Protonix, or AciPhex, please wait 7 days after completion of the above prior to starting your breath test. You may take Pepcid or Zantac if needed.
- **DO NOT** eat or drink anything after 8 p.m. the evening before your test. 3.
- Follow instructions on reverse side for guidelines on which foods you may 4. consume and which to avoid.
- If you smoke or use tobacco products, you must stop 1 hour prior to your test 5. (this includes second-hand smoke).
- 6. The morning of your test, do not eat or drink anything. You may use a small amount of water to take your medication. You may also use your steroid or Albuterol inhalers.
- DO NOT USE TOOTHPASTE OR MOUTHWASH THE MORNING OF YOUR 7. TEST. USE WATER ONLY TO BRUSH YOUR TEETH.
- 8. **DO NOT** have any candy, gum, breath mints, etc., prior to or during your test.
- Hydrogen breath tests last approximately 2 hours. Lactulose breath tests last approximately 3 hours.

PLEASE REMEMBER, IF YOU DO NOT FOLLOW THESE INSTRUCTIONS, YOUR TEST WILL BE RESCHEDULED

## **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.

<u>VEGETABLES:</u> 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.

<u>ALL DAIRY PRODUCTS (EXCEPT EGGS):</u> 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