



Woman's

Respiratory Care / EKG Department

Lactose / Sucrose / Fructose / Glucose / Lactulose

Hydrogen Breath Test – Preparation

Two Weeks Prior to Test

***NO** recent antibiotic use * **NO** colonoscopy * **NO** fluoroscopy

One Week Prior To Test

***NO** laxatives or stool softeners * **NO** fiber supplements, Imodium/Loperamide, or Pepto Bismol
***AVOID** PPI's (Proton Pump Inhibitors) and H2 blockers(Zantac) can be taken with physician's discretion,
will be stated on order ***AVOID** Prebiotics and Probiotics

Patient should continue use of all other medications and review with ordering physician for conflicts

Diet 1 to 3* days Before the Test

*Please Note: Because constipation is often associated with slow transit time, patients with constipation could take longer to digest complex carbohydrates, which could result in high baseline readings on the day of testing(even if they fast for the required 12 hours). Patients with constipation may require 2 or 3 full days on the diet listed below, and should avoid the foods and beverages listed in the "Avoid" column for the time period in order to ensure reliable test results.

WARNING: Diabetics should consult with their physician prior to beginning any fasting diet

FOODS TO AVOID

Patients should avoid the following foods and beverages at a minimum of **1 Full Day** prior to the testing.

Listed Below are generic avoidance groups and are not limited to what is listed. If you and/or the patient are uncertain if something may affect the test, do not consume the food/beverage and/or consult with the patient's physician.

- **All Grain Products:** All breads including foods that contain whole grains, wheat, brans, pasta, (tortilla) wraps, and all cereals
- **All fruits and Fruit Juices:** including 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, onions, garlic, broccoli, cauliflower, brussel sprouts, cabbage, kale, Swiss chard, beans, lentils, etc.
- **Nuts, Seeds, Beans:** All nuts, seeds and beans, as well as foods that may contain seeds.
- **All Milk & Dairy products (except Eggs):** Milk (including goat's milk), cheese, ice cream, yogurt, butter, etc.
- **Foods & Beverages** containing high fructose corn syrup and sugar-free foods, ketchup, honey, mustard, mayo, etc.

SUGGESTED FOODS

Recommended foods patients need to eat **1 Full Day** before the test and up to the time that the will begin fasting. Remember you are only dieting for 1 Full Day before test (12 hours restricted Diet/ 12 hours fasting) Only exception is if patient has persistent constipation and restricted diet will have to be longer.

- Baked or Broiled chicken or turkey with low amounts of salt and pepper **ONLY**.
- Baked or broiled fish with low amounts of salt and pepper **ONLY**.
- Plain steamed white rice (must be fully cooked).
- Eggs: Scrambled or over easy. NOT FRIED OR BOILED. Very little spray if needed.
- Clear chicken or beef broth (NOT Vegetable broth)
- Beverage : Water Only

The Suggested diet is a very short and simple list. This recommended diet that you are asked to follow prior to the test will ensure that there is no interference from undigested food on the morning of the test.

If You (the patient) are not able to comply with these guidelines for testing, then you may not be a candidate for a breath test and your medical professional can assist you in determining if another test without these preparation limits is more suitable.

12 Hours before the Test

- Patients will be fasting for a minimum of 12 hours prior to the test. For example, this means that if a patient's test is scheduled for 7:30 am, they should not eat or drink anything after 7:30 pm the night before. **Read Below!**
- Patient **should not** eat candy or chew gum on the day of test or during the **12 hour** fast.
- Patient **should not** smoke or be around second-hand smoke, for at least **12 hours** before or during the test.

Day of the Test

- Patient **should not** eat breakfast or drink anything (except small amounts of water if needed) before the test.
- Patient **should** brush their teeth and rinse mouth with ONLY an antiseptic mouthwash on the morning of the test but should NOT use denture adhesive.
- Patient **should not** sleep or engage in vigorous exercise for at least **1 hour** before or at any time during the test.
- The test will take approximately **3 hours**. Patient should make transportation arrangements accordingly.

Location of Testing

Our Address is:

Woman's Hospital

100 Woman's Way

Baton Rouge, LA 70817

RT Department Tele# for questions about testing (225)924-8248

For Appointments or Cancellations call (225)924-8391

Please arrive at 7:00 for your appt... You may want to bring something for yourself or your child to read or do during testing. Patients may bring their personal laptop. The hospital provides wireless access to the Internet via a guest network. Patients cannot fall asleep during the test, as this will affect the rate of digestion.

Park in the parking lots in front of the main hospital and enter the building through the main entrance. Once you enter the main entrance, look just to the right and forward for the imaging services waiting area and registration desk.

Register at the imaging services registration desk. Your technician will then come and get you for testing.

Please consult with your ordering physician's office to see if they will be contacting your insurance company for pre-approval and obtaining a referral number if needed, and bring it with you when you register.