

## Hydrogen breath test preparation instructions

Please follow these instructions carefully as you prepare for your test.

### One month prior to your test

- Do not take antibiotics within 28 days of your test. If you will be on antibiotics during this time, please call (920) 429-1700 to speak with a nurse.

### Two weeks prior to your test

- Avoid taking probiotics.

### Seven days before your test

- Avoid laxatives or stool softeners, such as Milk of Magnesia, Miralax, Colace (docusate) and Ex-Lax.
- Avoid constipation medications, such as Linzess, Amitiza and Trulance.
- Avoid antidiarrheals, such as Imodium (loperamide) and Pepto-bismol.
- Avoid any motility medications, such as Metoclopramide, domperidone and erythromycin.
- Avoid stool bulking agents, such as Metamucil, Citrucel, Benefiber and Fibercon.
- Do NOT undergo any test that requires cleansing of the bowel, such as a colonoscopy, capsule endoscopy and barium enema.

### One day before your test

- Eat a low carbohydrate and dairy diet. The purpose of this diet is to avoid foods that may produce gas in the intestinal tract. See table on the second page for what to eat and what to avoid.

### 12 hours prior to your test

- Do not eat or drink anything other than water.
- Do not smoke or be in the presence of secondhand smoke or vape.
- Do not chew gum or tobacco
- If you take insulin or diabetes pills, you MUST call the doctor that monitors your blood sugar levels. Your medicine dose may need to be adjusted because of the diet restrictions required for the test.

### Morning of the test

- Do not eat or drink anything other than water.
- Do not sleep or take part in vigorous exercise for at least one hour prior to the test.
- Upon arrival at the hospital, check-in at **First Floor Registration.**

### Questions

If you have any questions, contact your physician's office at (920) 429-1700. A nurse is available 24 hours a day.

### Need to reschedule

Please contact our central scheduling office at (920) 433-8329 if you need to reschedule. Staff is available Monday through Friday from 7:30 a.m. to 5 p.m. Cancellations 48 hours in advance are preferred.

**Food to eat and avoid one day prior to your test**

	<b>Allowed</b>	<b>Avoid</b>
<b>Grains/starches</b>	Rice, quinoa, potato, oatmeal, corn tortillas, popcorn, gluten-free bread/crackers/pasta  Cereals: plain cheerios, plain rice/corn Chex, corn flakes, Rice Krispies	Wheat products including bread, pasta, crackers, cookies, cake, cereal, flour tortilla, rye barley
<b>Vegetables</b>	Bell peppers (any color), carrots, chives, cucumber, eggplant, green beans, kale, lettuce, olives, parsnip, spinach, summer/winter squash, zucchini, tomato  Limit to ½ cup portion: beets, butternut squash, broccoli, Brussels sprouts, corn, fennel bulb, green peas, sweet potato	Artichoke, asparagus, cauliflower, garlic, leeks, mushrooms, okra, onion/shallots, snow peas, sugar snap peas
<b>Fruit</b>	Banana, blueberry, cantaloupe, cranberry, grapes, honeydew, kiwi, lemon, lime, orange, papaya, pineapple, pomegranate, raspberry, strawberry, avocado	Apple, apricot, blackberry, cherry, dried fruit (raisins), grapefruit, mango, nectarine, pear, peach, plum, prunes, watermelon
<b>Proteins</b>	Meat, eggs, fish, tofu, most nuts (see “avoid” column), peanut butter, almond butter	Beans, hummus, edamame, cashews, pistachios
<b>Dairy</b>	Lactose free milk/yogurt/ice cream, rice milk, any aged or hard cheese (including cheddar, provolone, Swiss, parmesan, feta, goat, etc.)	Milk, yogurt, ice cream, cottage cheese, ricotta, cheese, soy milk, almond milk
<b>Beverages</b>	Water, coffee, tea, sugar-free beverages (crystal light, diet soda)	Regular soda and other beverages with high fructose corn syrup
<b>Sweeteners</b>	Pure maple syrup, sugar substitutes (such as Stevia), table sugar	Agave, honey, high fructose corn syrup