

## Patient Preparation for Breath hydrogen Testing

1. Nothing to eat or drink but water for 12 hours prior to the test
2. Avoid the foods listed below for 24 hours prior to the test\*
3. No smoking or second hand smoke for one hour before the test
4. No sleeping or vigorous exercise for one hour prior to the breath test
5. Recent antibiotic therapy, runny diarrhea, or colonoscopies may affect the breath test, therefore medical staff and physicians should be alerted to any of these possibilities
6. During the breath test, no food or drink is allowed other than 4-6 ounces of water, total.

### Foods you **CAN** eat the day prior to the breath test

- Baked or broiled chicken, fish or turkey (season with salt and pepper only)
- Plain steamed white rice
- Eggs
- Clear chicken or beef broth

### \*Foods you **CANNOT** eat for 24 hours prior to the breath test

-Grain Products: Pastas, whole grain products including cereals, brans or high fiber cereals, granola etc.

-Fruits: Fruit juice, applesauce, apricots, bananas, cantaloupe, canned fruit cocktail, grapes, honeydew melon, peaches, watermelon, Raw and dried fruits like raisins or berries.

-Vegetables: Vegetable juice, potatoes, alfalfa sprouts, beets, green/yellow beans, carrots, celery, cucumber, eggplant, lettuce, mushrooms, green/red peppers, squash, zucchini, etc.

-Concentrated Sugar Products: No soda of any type, no Gatorade or other energy drinks. No flavored ice or ice pops, no candy, cake or pastry.

-Nuts, Seeds, Beans: All nuts, seeds, and beans, as well as foods that may contain seeds.

-All Dairy Products (except Eggs): Milk, cheese, ice cream, yogurt, and butter.

-Other: Beef, Corn or products that contain corn.