



Patient Preparation Guidelines for Breath Hydrogen Testing

Any questions related to preparation should be discussed with the ordering physician. These guidelines can be modified by the physician to accommodate patients with special needs. **The guidelines below are to be followed for ALL Hydrogen Breath Tests.**

1. Patients will need to be fasting (nothing to eat or drink, with the exception of water) for 12 hours prior to testing.
2. No smoking, including second hand smoke, for at least 1 hour before or anytime during the breath test.
3. No sleeping or vigorous exercise for at least 1 hour before or anytime during the test.
4. Wait at least **14 days** before beginning breath testing if the patient has recently had:
 - antibiotic therapy
 - runny diarrhea
 - a colonoscopy
 - barium studies
 - an enema
5. Must be off the following medications for the specified time frame prior to testing:

14 days

Pepto-Bismol

Mylanta

Roloids (containing bismuth)

Proton Pump Inhibitors:

- omeprazole (Prilosec, Prilosec OTC)
- aspirin and omeprazole (Yosprala)
- lansoprazole (Prevacid, Prevacid IV, Prevacid 24-Hour)
- dexlansoprazole (Dexilent, Dexilent Solutab)
- rabeprazole (Aciphex, Aciphex Sprinkle)
- pantoprazole (Protonix)
- esomeprazole (Nexium, Nexium IV, Nexium 24 HR)
- esomeprazole magnesium/naproxen (Vimovo)
- omeprazole/sodium bicarbonate (Zegerid, Zegerid OTC)

7 days

Imodium

Laxatives (Miralax)

48 hours

Beano

Histamine Blockers (H₂ Antagonists):

- nizatidine (Axid)
- famotidine (Pepcid, Pepcid AC)
- cimetidine (Tagamet, Tagamet HB)
- ranitidine (Zantac)

24 hours

Carbonated beverages

Fiber drinks

Budesonide

Stool softener

6. The following medications are acceptable to take until starting the 12 hour fast:
 - Tums
 - Maalox
 - Roloids (not containing bismuth)
 - Zofran/Reglan
 - Probiotics

Note: This Form is associated with the following document:	[Procedure Name]	Page 1 of 2
Note: When completed this Form will be retained:	[Location and time period as appropriate]	



Prior to testing, a 24 hour dietary preparation period is required consisting of a **12 hour restricted diet** followed by a **12 hour fasting period**.

7. **12 hour restricted diet: LOW FIBER DIET**

Listed in the table below are generic food groups and examples of food that should be **AVOIDED** the day before the test:

GRAIN PRODUCTS	Pastas Whole grain products	Brans 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 Yogurt which contains fruit
VEGETABLES	Vegetable juices Potatoes Alfalfa sprouts Beets Green/yellow beans Carrots Celery	Cucumber Eggplant Lettuce Mushrooms Green/red peppers Squash Zucchini
VEGETABLES FROM THE CRUCIFEROUS FAMILY	Broccoli Cauliflower Brussel sprouts Cabbage Kale	Swiss chard Beans Lentils Corn
NUTS,SEEDS, BEANS	All nuts, seeds, and beans, as well as foods that may contain seeds	
ALL DAIRY PRODCUTS (EXCEPT EGGS)	Milk Cheese Ice cream	Yogurt Butter
MEATS, PASTAS,CORN OR PRODUCTS THAT CONTAIN CORN	Except those listed in the suggestions for the final meal before the 12 hour fast	

SUGGESTIONS FOR THE PATIENT'S LAST MEAL PRIOR TO FASTING
<ul style="list-style-type: none"> ▪ Baked or broiled chicken, fish, or turkey (salt and pepper only) ▪ Plain steamed white rice ▪ Eggs ▪ Clear chicken or beef broth ▪ White bread (only)

8. **12 hour fasting period:** The patient must not eat or drink anything, except water, for 12 hours prior to testing.

Note: This Form is associated with the following document:	[Procedure Name]	Page 1 of 2
Note: When completed this Form will be retained:	[Location and time period as appropriate]	