



EAST RIVER

GASTROENTEROLOGY & NUTRITION

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HYDROGEN BREATH TEST INSTRUCTIONS

You are scheduled to have a hydrogen breath test on _____ at _____ AM.

This test is often performed to test for lactose or fructose intolerance, but your doctor may be looking for other problems such as bacterial overgrowth. To perform the test, you will drink a glass of sugar solution and blow into a balloon several times during the morning. The test lasts **three hours**, so you should bring a book or magazine with you. WiFi is available.

To prepare for the test:

- No antibiotics for three weeks before the test.
- No colonoscopy for three weeks before the test
- No milk, ice cream, yogurt or other dairy products the day before the test.
- No “gassy” vegetables the entire day before the test. Examples of foods to avoid include:
 - Beans, lentils, split pea soups, edamame, tofu, hummus
 - Cabbage, cauliflower, broccoli, kale, brussels sprouts
 - Bran cereals
 - Fiber-enhanced bars, cereals, snacks (e.g., Fiber One)
- Have a high-protein, low fiber dinner the night before, which means minimal vegetable intake. A small amount of cooked carrots or spinach are OK. Examples include:
 - Hamburger or turkey burger with potatoes/fries, no bun
 - Chicken and white rice with small amount of spinach/carrots
 - Eggs or fish
- No Probiotics for one week.
- Nothing to eat or drink after midnight.

The day of the test:

- Nothing to eat or drink.
- You may take your regular medications with a small amount of water, with the following exceptions:
 - Do not take anti-diarrhea or anti-spasmodic medicines like Imodium, Lomotil, Levsin, or Donnatal
 - Do not take oral diabetes medicines (other than metformin)
 - Do not take “motility” medicines like Reglan, Zelnorm, or domperidone (Motilium)
- Do not take pain medicines other than Tylenol or ibuprofen-like medicines
- Do not smoke. Smoking interferes with the test results.
- Do not exercise before the test.

If you have any questions, or need to reschedule the test, please call (212)535-4500. A \$50 fee will be charged for appointments not cancelled within forty-eight business hours. Please have any necessary insurance referral(s) or the procedure may be cancelled.