

HOW TO PREPARE FOR A BREATH HYDROGEN TEST



Day before the test

✓ Acceptable foods

- plain beef, chicken, pork, fish, tofu (no sauces or marinades)
- white bread, cereal, white pasta, white rice (ensure there is NO added fibre in all products)
- vegetables: carrots, zucchinis, peppers, and potatoes
- fruit: oranges, grapes, cantaloupe, and watermelon
- rice milk, water



✗ Unacceptable foods

Please do not eat anything other than the list of acceptable foods or we may not be able to complete your test.

- legumes (chick peas, lentils, beans)
- whole grain products (bran cereal, whole wheat bread)
- vegetables such as spinach, broccoli, cauliflower, cabbage, brussel sprouts, onions and garlic
- fruits such as dried raisins, prunes, figs, and dried apricots
- nuts and seeds
- milk, almond milk, yogurt, cheese, creams,
- butter, and margarine
- juice, coffee, and tea



Evening before the test

✓ For supper your only options are:

- plain ground beef, plain grilled chicken breast without the skin or plain tofu
- plain white rice
- water

You can have as much as you want. You can add some salt and pepper but do not use any oils, butter, ketchup, mustard, gravy, sauces (including soya sauce), buns, bread or breading.

Nothing to eat after supper or after 8 p.m. (12 hours before the test)

✗ Do not

- eat food
- drink fluids (except water)
- smoke (even second hand smoke)
- do any vigorous exercise

Morning of the test

X Do not

- eat breakfast
- brush your teeth
- chew gum
- use breath mints



During the test

What to expect

- The test takes three hours.
- First, you will drink a solution that contains a lot of either lactose, fructose, sucrose, glucose, or lactulose.
- Then, you will have to breathe in a small bag every 20 to 30 minutes for the next three to four hours.

X During these three hours, do not:

- eat food
- drink fluids (except water)
- smoke
- do any vigorous exercise
- sleep

Please report any symptoms of bloating, vomiting or diarrhea to the nurse.

Important information

- If you use antibiotics within four weeks of the test, it will need to be rescheduled.
- If you use laxatives or enemas within two weeks of the test, it will need to be rescheduled.
- If you need to reschedule or cancel your appointment, please call the contact person.
- If you test positive for lactose, fructose or sucrose intolerance, we will arrange an appointment with the dietitian for a special diet.



Your appointment

Your appointment for the breath hydrogen test is scheduled for:

Time: 7:45 am

Location: C3 Clinic

Lactose: _____

Fructose: _____

Other: _____

For more information

Contact:

at 613-737-7600 ext. 1538