



Hydrogen Breath Test – Patient Preparation

THANK YOU FOR READING THIS CAREFULLY!

Any queries, please call WCH Gastroenterology Breath Testing Service: 08 8161 7275

These instructions are for breath tests for lactose, sucrose or fructose malabsorption, or for the lactulose breath test. The lactulose breath test is used to determine whether a patient is a hydrogen producer (has adequate colonic hydrogen producing bacteria). The test can also be used to detect small bowel bacterial overgrowth.

Only 1 test can be done each day.

FOR 4 WEEKS BEFORE YOUR TEST:

- No antibiotics
- No colonoscopy

FOR 2 WEEKS BEFORE YOUR TEST:

- No concentrated Probiotics such as IBS Support, Inner Health Plus or VSL#3
- No enemas

FOR 2 DAYS BEFORE YOUR TEST:

FOODS TO AVOID	ALLOWED FOODS INCLUDE
High fibre foods – wholegrain cereals and wholegrain breads, bran, oats	Low fibre foods - White bread, white rice
Soft drinks, sports drinks, fruit juice, cordial	Tea or coffee
Honey	Rice Bubbles, pancakes
Legumes - beans, peas, lentils, nuts, corn	Chicken, seafood, lean beef, ham, eggs
Yoghurt and Yakult, soy products	Milk, cheese, butter
Onions, garlic, cabbage, celery, broccoli	Peeled vegetables eg. carrot, cucumber, zucchini, potato, pumpkin, tomato, lettuce
Fibre supplements and laxatives	
Dried fruit, bananas, berries, pears, avocado, pineapple, citrus	Fresh fruit eg melon, peeled apple

* Pasta must be avoided **the day before** your test only

THE EVENING BEFORE YOUR TEST:

- **FAST (No Food or Drink)** for minimum 10 hours before starting the test (sips of water allowed)
- Infants (6 months and under) fast for minimum 6 hours

THE MORNING OF YOUR TEST:

- Get up at your usual time and continue to **Fast**
- **Do not sleep** for at least 30 min prior to the test or during the test
- **No smoking or exercise** the morning of or during test
- **Brush your teeth** and rinse your mouth well with water
- You may take your normal medication with water

HOW THE TEST IS DONE:

- You will be asked to drink a sugar solution
- Breath samples will be collected at intervals for 3 hours