

# Hydrogen Breath Test Instructions

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The hydrogen breath test is designed to determine if you are unable to digest lactose and fructose. The test can also determine if there is a bacterial overgrowth in the small intestine.

## 2 Weeks before the test:

- NO colonoscopy; no barium or oral contrast; no antibiotics

## Medications to hold 7 days before the test:

- Carafate, Sucralfate, anti-diarrheals, fiber medications, stool softeners, laxatives, Miralax, Linzess, Colestipol, Motegrity, Cholestyramine

## Medications to hold 1 day before the test:

- Essential Oils, Probiotics, Zofran

## Day before the test:

- **If diet is not strictly followed, your test will NOT be rescheduled.**
- **Only foods allowed:** Baked or broiled chicken, fish or turkey (salt & pepper only), plain white rice, eggs, chicken or beef broth, plain white bread. Do not use butter, margarines, oils or cooking sprays.
- **Only liquids allowed:** Water, black coffee, black tea. (No additives.)
- Do **NOT** eat or drink 12 hours prior to the test, except for plain water.  
Only PLAIN water may be consumed at any time the night before the test as well as the morning of the test.
- No gum, candy, mints, mouthwash, flavored tobacco, vape, CBD or THC the day before or the day of the test.

## What to expect the day of the test:

- You **may** brush your teeth the morning of the test (no mouthwash).
- Do **NOT** sleep, exercise or smoke 1 hour before the test.
- You can use inhalers up to one (1) hour prior to the test.
- Hold morning medications until after the test.
- Do not use lip balm.
- At the start of the test you will give a baseline breath sample.
- You will ingest specific sugar water for the test after the baseline breath sample.

- You will be here for 3 hours providing breath samples, every 20-60 minutes.
- You will wait in the waiting area between breath samples. Wi-fi is available.
- **Do NOT eat, smoke, sleep or exercise during the test.**

**When you are finished with the test:**

- Schedule the next hydrogen breath test before you leave, if needed.
- You will receive a phone call with the test results in approximately (1) week.
- If applicable, schedule a follow-up appointment with the ordering provider before you leave.

Date Of Procedure \_\_\_\_\_ Time \_\_\_\_\_ Bacterial / Fructose / Lactose

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Follow-up appt. \_\_\_\_\_

**Please note due to high demand for breath testing, we will no longer reschedule testing for patients who fail to show up for their appointment.**

**Location: 1015 S. Hackett Rd.  
Waterloo, IA 50701**

If you have any questions or concerns, please call our office at 319-234-5990.  
Office hours are Monday–Friday from 8:30 a.m. - 5:00 p.m., with phones answered 24 hours per day for emergencies.



1015 S. Hackett Rd., Waterloo, Iowa 50701  
**319.234.5990**

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