

THE ENDOSCOPY CENTER

HYDROGEN BREATH ANALYSIS TEST

You are scheduled for a hydrogen breath analysis test on _____ at _____ am/pm.

You will be required to stay at The Endoscopy Center for approximately two to three hours to complete the test.

The test will indicate milk intolerance, fructose intolerance, or bacterial overgrowth.

In preparation for your test we ask that you observe the following:

1. Do not drink or eat for **12** hours before your test.
2. The night before the test, eat a low carbohydrate, low fiber dinner, and **no** sugar.
3. The morning of the test **do not** smoke, chew gum, ingest mints, brush your teeth, or use mouthwash.
4. The day of the test **do not** take any medications.
5. One month prior to the test, **do not** use antibiotics.
6. Two weeks prior to test, **do not** use laxatives (Ex-Lax, Milk of Magnesia), enemas or stool bulking agents (Metamucil, Citrucel).
7. Test cannot be performed for **at least** 2 weeks after a colonoscopy.