



Preparation procedures for H2 breath test

Dear patient,

A Hydrogen breath test has been scheduled for you on

An H2 Breath Test is a method to check for suspected sugar intolerances (e.g. lactose) and can only be done after careful preparation. You will be asked to drink a sugary solution and provide breath samples at regular intervals to test for the presence of hydrogen.

This test takes about 1.5 to 2.5 hours and may cause indigestion, nausea, vomiting, diarrhea, bloating and/or headaches if you are diagnosed positive for an intolerance. Bring along some reading material of your choice for the waiting periods. It is important to keep fasting until the test has been concluded, as well as to avoid strenuous exercise and smoking.

Please note the following instructions for the Hydrogen Breath Test:

- ✓ You need to wait 4 weeks if you have had a colonoscopy
- ✓ You need to wait 4 weeks if you have been prescribed a course of antibiotics
- ✓ Any H2-blocking medicine needs to be stopped 4 weeks before the test. These are anti-acid medications ending in ,...-tidin', such as Rantitidin or Cemetidin)
- ✓ Stop taking proton pump inhibiting medication 2 weeks prior to the test. These are anti-acid medications ending in ,...-prazol', such as Pantoprazol or Omeprazol
- ✓ You need to wait 1 week after having been given oral contrast medium
- ✓ Stop taking any dietary supplements such as vitamins or probiotics 1 week before the test

Certain foods may impact the test or may make it impossible for the test to be carried out altogether and thus need to be avoided 24 hours prior to the test:

The Day Before the Procedure:

The day before the test, you must adhere to the following:

- ✓ No carbohydrates: rice, potatoes, noodles, bread.
You may have some plain white bread for breakfast before 9 am
- ✓ No sugar, artificial sweetener, sugar substitute, honey, sweets, soft drinks etc., diet sodas or chewing gum
- ✓ No flatulent foods: whole wheat products, raw fruits or vegetables, onions, cabbage, peas, beans or lentils
- ✓ No high fibre foods: cereal, granola, whole wheat products, flaxseed, nuts
- ✓ No convenience food containing lactose, such as ready-made soups, certain types of sausages - please refer to the list of ingredients
- ✓ No products containing lactose, such as milk, cream cheese, yogurt
- ✓ No alcohol
- ✓ Do not work with wall paint
- ✓ Your last meal has to be before 18:00 that evening. Do not smoke afterwards anymore



The Day of Your Test

Keep fasting: do NOT eat, drink or smoke. Do not use chewing gum. Take your medicine after the test only. Brush your teeth without tooth paste and mouth wash. We recommend flossing. No perfume, no lipstick and no exercise 2 hours before the test.

Here are examples of foods that you can eat on the day before your test

White bread for breakfast

Chicken breast, fish, prawns, tofu (baked or steamed)

Eggs Ham

Lactose-free hard cheese

Margarine, vegetable oils

Small amounts of avocado, tomatoes, steamed carrots, courgette, parsnip, and asparagus

Vegetable- or chicken stock

Water without gas, unsweetened herbal-, black-, or green tea, black coffee

Here is a sample menu plan for the day before the test

Breakfast: White bread, ham and eggs

Lunch: Chicken breast/fish filet/tofu with vegetables

Dinner: Baked or steamed fish with vegetables