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## **Patient Preparation Guidelines for Breath Testing**

### **Your appointment is scheduled for:**

The guidelines below are to be followed for all Hydrogen Breath Tests (Lactose or Fructose Intolerance and Bacterial Overgrowth).

You will be NPO (nothing by mouth) for 12 hours prior to the test. Only water may be consumed.

You should avoid foods listed below 12 hours prior to the NPO request.

No smoking, including second-hand smoke, for at least 1 hour before or at any time during the test.

No sleeping or vigorous exercise for at least 1 hour before or at any time during the test.

Recent antibiotic therapy, diarrhea, or colonoscopies may affect these breath tests. You should consult with your physician about these conditions prior to performing the breath test.

If any of the above conditions apply, rescheduling will most likely be necessary.

Drinking water only during your breath test is allowed in moderation.

Even though you are NPO for 12 hours prior to the test, it is also required to avoid certain foods at least another 12 hours prior to the NPO requested beginning.

Listed below are generic avoidance groups:

**Grain Products:** Pastas, whole grains products (including cereals and melba toast), bran or high-fiber cereals.

**Fruits:** Fruit juices, applesauce, apricots, bananas, cantaloupe, canned fruit cocktail, grapes, honeydew melon, peaches, watermelon. Raw and dried fruits like raisins and berries. Yogurt which contains fruit.

**Vegetables:** Vegetable juices, potatoes, alfalfa sprouts, beets, green/yellow beans, carrots, celery, cucumber, eggplant, lettuce, mushrooms, green/red peppers, squash, zucchini.

Vegetables from the cruciferous family: Broccoli, cauliflower, brussel sprouts, cabbage, kale, swiss chard, beans, lentils, corn, etc.

Nuts, Seeds, Beans: All nuts, seeds, and beans, as well as foods that may contain seeds.

All Dairy Products (except eggs): Milk, cheese, ice cream, yogurt, butter.

Meats, Pastas, Corn or products that contain corn (except those listed below).

### **Suggestions for your last meal to consume prior to NPO can be:**

Baked or broiled chicken or turkey. (Salt and Pepper only).

Baked or broiled fish. (Salt and Pepper only).

Plain steamed white rice.

Eggs.

Clear chicken or beef broth.