

Hydrogen Breath Test Instructions

The following instructions will help you prepare for your hydrogen breath test. This includes glucose, fructose, and lactose hydrogen breath tests. **Please read all instructions in this packet at least 1 week prior to your procedure.**

Date: _____ Procedure time: _____ Arrival time: _____
Location: Newton Wellesley Hospital at 2014 Washington St, Newton
Go to the GI office, located on the 5th floor of the Green Building at Suite 560.

Transportation

- This procedure is done without sedation. As such, you do not need a ride home for this procedure.

Cancellation/No Show Policy for Procedures

- Scheduling time for procedures requires planning and coordination between the staff, doctors, and the hospital. Since the schedule is often carefully planned to avoid delays and having patients taken care of in a timely fashion, it is important that you adhere to the schedule as arranged. Should you need to reschedule or cancel, please do so at least 7 days prior to procedure.
- If you have your menstrual period, the exam will not be affected. However, if you have a fever, please call the office to reschedule.
- If a procedure is not cancelled **at least 7 days in advance**, you will be charged a one-hundred-dollar (\$100) fee. This fee is NOT covered by your insurance company.

Medication Concerns

- Avoid **antibiotics, probiotics, and bismuth subsalicylate (Pepto-Bismol)** 4 weeks before test.
- Avoid **colon cleansing** (for colonoscopy or surgery) 4 weeks before test.
- If you are able to do so, avoid **laxatives and fiber supplements** 1 week before test. This includes bisacodyl (Dulcolax), castor oil, docusate (Colace), lactulose (Enulose), linaclotide (Linzess), lubiprostone (Amitiza), magnesium citrate, magnesium hydroxide (Milk of Magnesia), methylcellulose (Citrucel), plecanatide (Trulance), polycarbophil (Fibercon), polyethylene glycol (Miralax), prucalopride (Motegrity), senna (Ex-Lax, Senokot), and tegaserod (Zelnorm).
- If you are able to do so, avoid **antidiarrheals and antispasmodics** 1 week before test. This includes dicyclomine (Bentyl), diphenoxylate/atropine (Lomotil), eluxadoline (Viberzi), hyoscyamine (Levsin), and loperamide (Imodium).
- If you are able to do so, avoid **promotility agents** 1 week before test. This includes domperidone and metoclopramide (Reglan).
- You may take your morning medications with a sip of water.

Preparation Instructions

Day before test

- You may only eat and drink the following:
 - Plain white bread
 - Plain white potatoes
 - Steamed white rice
 - Chicken, turkey, or fish (baked or broiled)
 - Broth (clear chicken or beef broth)
 - Eggs (any style)
 - Water
 - Black coffee (no dairy)
 - Only salt and pepper may be used as condiments
- Do not eat or drink after midnight.

Morning of test

- Do not smoke or exercise for 2 hours before and during your test.
- You may brush your teeth, but do not swallow any water or toothpaste.
- You may take your morning medications with a sip of water.