



## How to Prepare for Your Hydrogen Breath Test

**IMPORTANT - Please read these instructions at least 2 weeks before your appointment. Only follow these instructions if you have received them from your physician or the Loyola GI Lab.**

### PLEASE TRY TO KEEP YOUR SCHEDULED APPOINTMENT

If you must cancel or reschedule your appointment, please call **708-216-0464** with at least **SEVEN DAYS** notice so another patient can be offered the time slot.

Follow all of the instructions in this handout **EXACTLY** as they are written. If you do **NOT** follow the directions, your test will need to be rescheduled.

#### Key instructions:

- Avoid antibiotics for **4 weeks** before your test
- Follow the diet instructions below
- You must stop eating and drinking **12 hours** before the test
- Do not chew gum or tobacco **12 hours** before the test.
- Do not smoke **12 hours** before the test.
- Stop taking probiotics for **14 days** before the test. This includes any food that contains probiotics.

### PREPARING FOR YOUR TEST:

#### Medications

**STOP** medications following the instructions below:

- The following medications **should be stopped for 14 days** before the test: Aciphex (rabeprazole), Dexilant (dexlansoprazole), Nexium (esomeprazole), Prevacid (lansoprazole), Prilosec (omeprazole), Protonix (pantoprazole), Zegerid (omeprazole).
- You should **NOT** take antibiotics within 4 weeks before your test. If you will be on antibiotics during this time, please call **708-216-0464** to speak to a nurse.
- Do not take any laxatives or stool softeners (such as Milk of Magnesia, Colace (docusate), Ex-Lax) or stool bulking agents (such as Metamucil or Citrucel) within one week of the test.
- Do **NOT** undergo any test that requires cleansing of the bowel (such as colonoscopy, capsule endoscopy, or barium enema) within one week of the test. If you need to have one of these tests around this time, please call **708-216-0464** so that your test scheduling can be arranged in a safe manner.
- Insulin or diabetes pills: You **MUST** call the doctor that monitors your blood sugar levels. Your medicine dose may need to be adjusted because of the diet restrictions required for the test.
- Take all other medications ordered by your doctor. On the day of your procedure, take your medications with a sip of water.

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## The Day Before Your Procedure

The day before the test, you may only eat and drink the following foods:

- Plain water, coffee, or tea (**NO** sugar, artificial sweeteners, or cream added)
- Baked or broiled chicken, fish, or turkey. Salt and pepper only (No additional seasonings)
- Plain, steamed white rice
- Eggs
- Clear chicken or beef broth
- White bread (no other types of bread)

You must stop eating and drinking 12 hours before the test

## The Day Of Your Test

- Do not eat or drink for 12 hours before your test
- You may take your regular medications with a sip of water
- You should arrive to the GI Lab at your scheduled appointment time.
- **PLEASE DO NOT BRING ANY VALUABLES WITH YOU ON THE DAY OF YOUR APPOINTMENT. REMOVE ALL JEWELRY AND LEAVE IT AT HOME.**

## Questions

If you have any questions about preparing for your test, please call:

- During normal business hours: **708-216-0464**
- After-hours: Physician Answering Service **708-216-8000**, and ask for the GI Fellow on Call

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This information is intended for distribution to individual patients of the Loyola University Health System. It is not intended for general use by the public and should not be used for diagnosing or treating a health problem or disease without consultation of a qualified health care professional.

For more information on health topics and Loyola University Health System services please see our website at [www.loyolamedicine.org](http://www.loyolamedicine.org)

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