

Preparation Guidelines for BreathTesting



AllClear
HEALTHCARE

All patients are different and individual patient medical history must be taken into consideration prior to and during any breath-testing procedure. These guidelines can be modified by the ordering provider to accommodate patients with specific needs. The avoidance of foods listed herein is not limited to only the foods outlined below, they help serve as a minimum of foods to avoid. Any questions related to preparation should first be consulted with the patient's provider prior to consulting AllClear Healthcare.

IMPORTANT —
Please read all instructions prior to scheduling your appointment

Guidelines Below for ALL Hydrogen Breath Tests

3-4 weeks before test

- No antibiotic therapy (within the last 4 weeks before the test, at a minimum!), since it affects bacterial levels/test results
- Stop Probiotic supplements!!
- Ongoing runny diarrhea or a recent colonoscopy may affect the breath test result, therefore providers should consult with patients about these conditions prior to performing any test.
- If any of the above conditions apply, rescheduling will most likely be necessary to avoid false test results

48 Hours before test

- Stop motility medications (e.g. Loperamide/Imodium, Metoclopramide)

24 Hours before test

- Nothing by mouth for 12 hours prior to the test. Only water in normal amounts may be consumed.
- Dietary restrictions for 24-12 hrs before the test - see below

Day of Test

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

Prior to Start of Test

- It is recommended to brush teeth and gargle with mouthwash to decrease oral bacterial counts, (especially for SIBO)

Foods To Avoid (24 hours to 12 hours)

Grain Products: Whole grains products, including cereals, breads and toast, brans 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 with 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, brussels sprouts, cabbage, kale, swiss chard, beans, lentils, 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

Alcohol And Fiber Supplements

It Makes Sense to Make Sure