

Hydrogen Breath Test *How to prepare and what to expect*

How to Prepare

Starting 4 Weeks Before	Starting 2 Weeks Before	Starting 1 Week Before	Starting 1 Day Before	On Test Day
Date:	Date:	Date:	Date:	Date:
<ul style="list-style-type: none"> • Stop taking all antibiotics • Do not have any procedures that require you to clean your bowels, such as a colonoscopy or barium enema 	<ul style="list-style-type: none"> • Stop taking all probiotics • If you have diabetes and take insulin or diabetes medicine, talk with your doctor about changing your doses on the day of the test 	<ul style="list-style-type: none"> • Stop taking all proton inhibitors (PPI) that contain Omeprazole, Lansoprazole, Dexlansoprazole, Esomprazole, Pantoprazole, or Rabeprazole • Stop taking all laxatives, stool softeners, and stool-bulking products such as Colace, Milk of Magnesia, Ex-lax, Metamucil, or Citrucel • Stop taking all medicines and supplements that were not prescribed by your doctor, such as multivitamins, herbal remedies, and saw palmetto 	<ul style="list-style-type: none"> • You may eat only these foods: <ul style="list-style-type: none"> - Plain white rice, steamed - Chicken or fish, baked or broiled - Eggs - Water - Unflavored black coffee or tea • Season your food with only salt and pepper • Do not use butter or margarine <p>Starting 12 hours before your test:</p> <ul style="list-style-type: none"> • Do not eat or drink anything except water 	<ul style="list-style-type: none"> • If you brush your teeth in the morning, wait 2 hours before you start the test • Do not use mouthwash • Do not smoke or be around someone who is smoking for at least 1 hour before you start the test • If you have diabetes, follow your doctor's instructions about any changes in your diabetes medicines <p>During the test:</p> <ul style="list-style-type: none"> • Do not eat, drink, chew gum or tobacco, smoke, or eat breath mints or candy • It is OK to have sips of water • Do not sleep or exercise <p>After the test:</p> <p>You may return to your usual diet and activities right after the test</p>

How to Find Us

Digestive Disease Center

University of Washington Medical Center
Surgery Pavilion, 3rd Floor
1959 N.E. Pacific Street
Seattle, WA 98195
206.598.4377

From N.E. Pacific St., follow the signs to the Emergency Room. At the stop sign, enter the Surgery Pavilion Parking Garage on the left.

After parking in the garage, take the elevator to the 3rd floor. Turn right into the Digestive Disease Center.

A map and parking rates are included with this handout.

Questions?

Your questions are important. Please call **206.598.4729** if you have questions or concerns about your hydrogen breath test.

Why do I need this test?

Your doctor may ask you to do a hydrogen breath test (HBT) if you have any of these symptoms:

- Abdominal pain
- Cramping
- Stomach discomfort
- Bloating
- Diarrhea

HBT is a test to find out if bacteria in your small bowel (intestine) are causing your symptoms. The test can also be used to find out if you have problems absorbing *lactose* (milk sugar) or *fructose* (fruit sugar).

What to Expect

- We will give you a box that contains a sugar solution, a test tube device, and mailing instructions.
- You will take this test at home. After you drink the sugar solution, you will breathe into the test tube device every 15 to 20 minutes. Your doctor will tell you how long you need to do this. Some patients need to do this for about 3 hours.
- Follow the instructions in the box to mail your test tubes.
- After you mail your test tubes, it may take up to a week for the lab to process your breath samples and review the results. The doctor who prescribed your HBT will give you the test results when they are ready.

Video Instructions

To watch an 8-minute video on how to take the hydrogen breath test, go to www.youtube.com/watch?v=ghATYSHBSA0.