



Breath Test  
Hydrogen

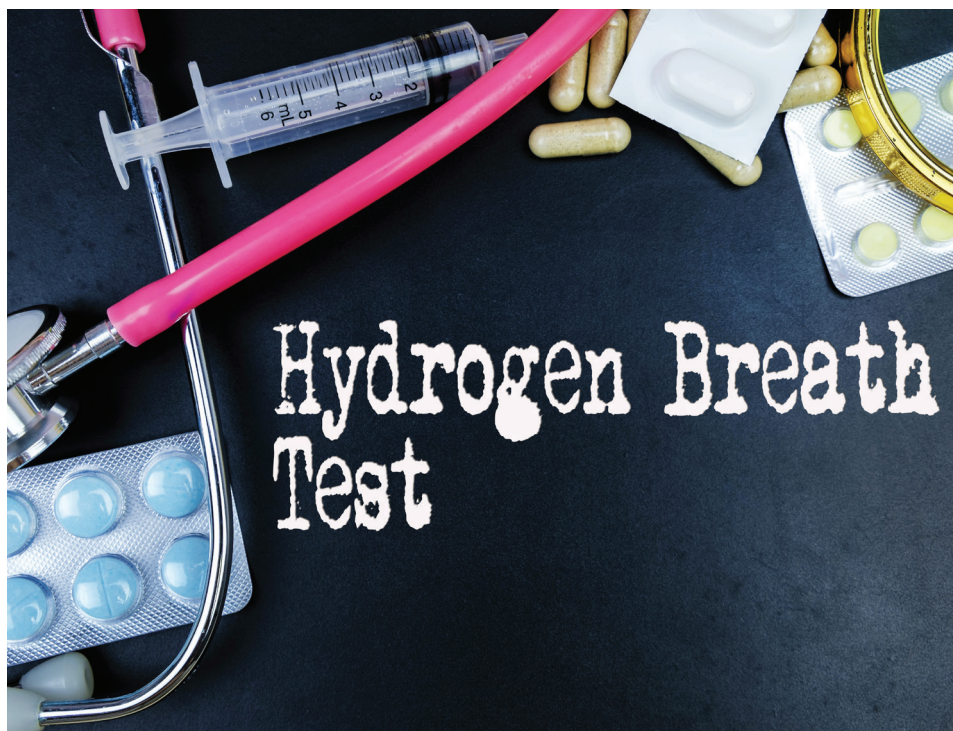
# HYDROGEN BREATH TEST INSTRUCTIONS

**Aster**  
**HOSPITAL**

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Digital Version



#### FOUR WEEKS PRIOR TO TEST

1. Make sure that antibiotics have not been taken within the four weeks before test.
2. Having a colonoscopy or fluoroscopy within the four weeks before taking the test can cause contraindications.

#### ONE WEEK PRIOR TO THE TEST

1. No stool hardeners and softeners
2. No vitamins and supplements containing fructose flavoring or lactose fillers.
3. No fiber supplements, Immodium or Pepto Bismol.
4. Avoid pre and probiotics
5. Avoid proton pump inhibitors and hydrogen blockers.

#### THREE DAYS PRIOR TO THE TEST

For up to three days prior to the test following diet shows foods that needs to be avoided and suggested diet to be undertaken for the before the fast. If you are unsure whether a food should be avoided or not, it is best to avoid it anyway to be sure that it does not require interfere with the test results.

#### FOOD TO AVOID

Grains and cereals, milk and dairy products, fruits and fruit derivatives, vegetables, nuts, seeds, beans, any foods and beverages containing high fructose corn syrup and sugar free foods, ketchup, honey, mustard, myo etc.

#### SUGGESTED FOODS

Baked or grilled chicken, turkey or fish with low amounts of salt for flavoring only, plain steamed white rice, eggs, water, minimum of 24 hours suggested diet is required, if patient suffers from constipation, 2 or 3 days is preferred gut transit time is slower.

#### 12 HOURS PRIOR TO THE TEST

Patient will be fasting minimum of 12 hours prior to the test. Nothing should be consumed apart from water. Take no medications on the morning of your test but take all prescriptions medicines to your morning appointment.

Side note: If you are diabetic, taking prescribed medications or suffer from any condition that may be affected by the suggested diet or fasting, please consult with your physician about how to process.

#### DAY OF TEST

Do not take any medication, No smoking, No sleeping, No chewing candy, No exercise, No denture adhesive.

Two hours before the test you can brush your teeth, please bring all your medications, please leave sufficient time for your appointment, your test may last for up to three hours, you can bring reading material to occupy yourself during the test.



PLEASE SCAN FOR  
THE LOCATION

# Aster HOSPITAL

We'll Treat You Well

Mankhool, Kuwait Road, Al Mankhool - Dubai

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