



Children's Gastroenterology Specialists, S.C.
Patient Information on Hydrogen Breath Test

Your child is scheduled for a Hydrogen Breath Test on _____
at Children's Gastroenterology Specialists. If you have any questions about the test or need to cancel
or reschedule your appointment please call 847-724-7825.

Information about the test:

A hydrogen breath test provides information about the digestion of certain sugars such as lactose or fructose or can detect abnormal overgrowth of bacteria in the small intestine.

Nothing to eat or drink except water for 12 hours prior to the test. The test may last 2-4 hours.

A breath sample will be collected by having you/your child breathe (exhale) into a bag. A solution of lactose, fructose, or lactulose will be given to drink. Following the drink, breath samples will be collected every 30 minutes. We suggest you bring something to do between collection times.

Preparation for the test:

Medications:

- No antibiotics for at least 2 weeks prior to the test
- No probiotics for 5 days prior to the test
- No laxatives for 24 hours prior to the test

Diet the day before the test:

Listed below are groups of **foods to avoid** the day prior to the test

- Grain products: whole grain products, bran, high fiber cereals
avoid any foods with more than 3 grams of fiber per serving
- Fruits: both raw and fried fruits
- Vegetables: both cooked and raw vegetables
- Nuts, Seeds, and Beans: may have no more than 2 tbsp nut/seed butter
- Dairy Products: includes milk, cheese, yogurt, and butter

Suggested meals for the day prior to the test:

Breakfast

White bread toast or bagel
Lactose free milk
Rice Crispies
Eggs
Bacon
Pancake or waffle

Dinner

Hotdog or hamburger on white bun
(no cheese)
Fish, chicken, or turkey (baked or broiled)
French fries
White rice (plain)
Vanilla wafers

Lunch

Sandwich on white bread with lunchmeat
and mayonnaise
Plain potato chips
Lactose-free vanilla yogurt
Gatorade
Animal crackers

*******Nothing to eat or drink except water for 12 hours prior to the test*******

If you have any questions regarding the fasting/preparation instructions, call 847-724-7825.