Hydrogen Breath Test

Three major sugars we use daily are Lactose, from milk, Sucrose from sweets, and Fructose from fruits and sweets. Some people have difficulty with digestion or absorption of these sugars and may experience gastric bloating, diarrhea, and abdominal pain. A simple test to check for this problem is the Breath Hydrogen Test. The breath test will measure the amount of hydrogen produced after drinking a dose of liquid sugar.

**Patient Preparation Guidelines:**
- Please come directly to the Pediatric GI office for this test.
- You should arrive at 8:30am. Please allow plenty of time for parking.
- Expect the test to last about 3 ½ hours.
- No smoking or second hand smoke for at least 1 hour before the test.
- No sleeping or vigorous exercise for at least 1 hour before test or during test.
- Drinking water is allowed during test.
- If you recently had antibiotic therapy, runny diarrhea, colonoscopy, barium study or enemas, please wait 14 days after completion of the above mentioned prior to starting your breath test.
- If you take any proton pump inhibitors (PPI) which contain Omeprazole, Lansoprazole, Dexlansoprazole, Esomeprazole, Pantoprazole, Rabeprazole, please wait 7 days after completion of the above mentioned prior to starting your breath test.

**Procedure**
- After arriving at the clinic, the patient will be asked to blow into a small collection bag.
- They will then drink a cup of sugar solution. This should be completed within 15 minutes.
- Breath samples will be collected every thirty minutes for three hours.
The **day before your test**, please limit your diet.
Here are foods you **CAN** eat:

- Baked or broiled chicken, fish, turkey. (Salt & pepper only)
- White bread (only)
- Plain steamed **white** rice
- Eggs
- Clear chicken or beef broth
- Drink only water

If you are uncertain if something will affect the test, AVOID the product.

**Avoid** foods like:

- Pasta, whole grain products, bran, high fiber cereals, granola, etc.
- Fruit juices, applesauce, apricots, bananas, cantaloupe, canned fruit cocktail, grapes, honeydew melon, peaches, watermelon,. Raw and dried fruit like raisins, berries.
- Vegetable juices, potatoes, alfalfa sprouts, beets, green/yellow beans, carrots, celery, cucumber, eggplant, lettuce, mushrooms, green/red peppers, squash, broccoli, cauliflower, Brussels sprouts, cabbage, kale, Swiss chard, beans, lentils, corn, etc.
- All nuts, seeds, beans, as well as foods that may contain seeds.
- Milk, cheese, ice cream, yogurt, butter.

Questions, or need to reschedule this appointment, please call the Pediatric GI Office at (315) 464-8444.

**Important:** **For 12 hours before you start your breath test, you should fast. This means do not eat or drink anything other than water.**

Patient________________________________________________________

Appointment Date _________ Time ___________