

# AVOID RESCHEDULING YOUR TEST, FOLLOW INSTRUCTIONS CAREFULLY

## Hydrogen Breath Test: Bacterial Overgrowth, Preparing for Your Test

### Instructions

- NO antibiotics for four (4) weeks prior to the test
- Nothing by mouth after midnight before the test, i.e. mints, gums, eating or drinking
- NO smoking for six (6) hours prior to the test
- Avoid all lactose (dairy) for 24 hours prior to the test.

### Day Before your test

#### You Can have:

- ✓ Plain white bread
- ✓ Plain white rice
- ✓ Plain white potatoes
- ✓ Baked or broiled chicken or fish
- ✓ Salt can be used for flavor
- ✓ Water
- ✓ Non-flavored black coffee or tea

#### You Cannot have:

- × Beans
- × Pasta
- × Fiber cereals
- × Butter for flavor
- × Margarine for flavor
- × High fiber foods
- × Soda/cola drinks

- You must STOP eating and drinking 12 hours before the test.  
For example, if your test is at 8:00 am, you would stop eating and drinking at 8:00 pm the night before.

### 12 hours before your test

- The night before the test have an early dinner of rice and meat
- You may continue to take your usual prescription medications with water until 12 hours before the test
- Please bring all prescription medications to your appointment.

### The Day of your test

- You should NOT eat or drink in the morning.
- You may take your medications with a small amount of water.  
If you are **diabetic**, ask your **prescribing** physician if any changes in medication pertaining to your test are needed.
- Two hours before the test, brush your teeth.
- Do NOT eat, drink, chew gum or tobacco, smoke cigarettes, or eat breath mints or candy before or during the test.
- Do NOT sleep or exercise while the test is being done
- Your test may last for three hours. Please allow yourself sufficient time to complete your test.**

### Location:

**Javier Office**  
3028 Javier Road, Suite 300  
Fairfax, VA 22031

**Fair Oaks Office**  
3700 Joseph Siewick Drive, Suite 308  
Fairfax, VA 22033

Patient Name: \_\_\_\_\_

Testing Date: \_\_\_\_\_

Should you have any questions, please contact your doctor's nurse

703-698-8960 myGANV.com

