

# Breath Hydrogen and Methane Tests

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Information about **Breath Hydrogen** and **Methane Tests**.

*Please read this information carefully.*

Your name:	
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Your appointment dates for the breath tests are:

Test 1 (Lactulose)	
Test 2 (Fructose)	
Test 3 (Lactose)	
Dietitian Consultation	

## How to prepare for Breath Test

*For the breath tests to be valid, it is important that you follow these instructions concerning medications, supplements, and diet prior to each test.*

- Please take no antibiotics or probiotics (e.g. acidophilus or bifidobacteria powders or capsules) for two weeks before your test. If you are taking these, please make sure the test is booked for two weeks after you have finished taking either antibiotics or probiotics.
- Take all usual medications including the oral contraceptive pill and antidepressants.
- Unless absolutely necessary, we prefer you not to take vitamins, minerals, laxatives, anti-laxative, yakult and fish oil capsules on the day before and the day of your test.
- Follow the diet on the back of this information sheet for 24 hours before each test.
- Fast from **8pm** the night before each test. You may drink water but nothing else.

## How are Breath Tests performed

You will breathe into a machine or bag that is brought out to you every 15 minutes for 2-3 hours. Feel free to bring reading material, laptop computers etc to use throughout the morning. Occasionally people experience symptoms of abdominal discomfort, flatulence or diarrhoea during these tests. A specialist is available in the unlikely event that medical attention is necessary.

## After your test

You may feel symptoms of abdominal discomfort, flatulence, diarrhoea, etc. You will be able to drive and work after your test.

## Diet instructions

On the day before each test, please only have foods and drinks from the list below.

### Drinks

Water (unflavoured, non fizzy)

Coffee (instant or plunger or espresso all fine), no coffee substitutes such as Caro

Tea (normal, herbal, or green tea)

Lactose free milk (e.g. Liddells long life milk in the supermarket), rice milk

Alcohol (maximum per day of 250mls wine **or** 60mls spirits **or** 200ml beer)

**Cereals, crackers and breads** (Please do not eat in excess quantities).

Corn flakes, rice bubbles, corn things, plain rice cakes, gluten free bread.

**Grains** (Please do not eat in excess quantities).

Any type of rice, corn, maize, buckwheat, amaranth, quinoa, millet.

### **Meat**

Plain fresh or tinned fish, plain meat such as beef, lamb, venison, pork, chicken, ham

### **Fruit and vegetables**

Mandarins, green kiwifruit, strawberries, oranges, rock melon (only 1 palm full of fruit per 2 hours)

Sweet corn, green beans, potatoes (peeled), pumpkin, carrots, courgette, tomatoes, lettuce, spinach, silverbeet.

### **Extras**

Eggs, White or brown sugar, barley sugars, boysenberry, raspberry or strawberry jam, marmalade, vegemite, jelly, oil, margarine, butter, peanut butter, nuts, seeds.

**No** chewing gum or mints.

*Many packaged or canned foods have sauces, spices, onion flavouring, artificial sweeteners, soy products etc which you cannot have because they interfere with the test.*

*If food or drink is not on the list, please do not eat it the day before your test.*



**Fast from 8pm the night before your test.**

After 8pm the night before your test

- You can drink small amounts of water
- Do not smoke on the morning of the test
- Clean your teeth with toothpaste and rinse your mouth well with water.
- Do not use mouthwash
- Do not use perfume, aftershave, body lotions or scented moisturiser or makeup, deodorant is ok.
- Do not wear clothing that has been washed in fabric softener,
- Do not wash your hair with highly scented shampoo or condition.

If you have any queries or concerns please do not hesitate to contact the MacMurray Centre on **09 550 1080**.