

Associates in Gastroenterology, PA
Dr. Chockalingam
Mon-Thurs (803) 788-1100

Hydrogen/Methane Breath Test

******PLEASE NOTE THAT THIS TEST COULD TAKE UP TO 3 HOURS******

Special Instructions:

1. If you recently had **antibiotic therapy, runny diarrhea, colonoscopies, barium studies or enemas**, please **wait 14 days** after completion of the above mentioned prior to starting your breath test.
2. If you take any Proton Pump Inhibitors (PPI) which include: **Omeprazole, Lansoprazole, Dexilant, Eesomeprazole, Pantoprazole, Aciphex**, please **wait 7 days** after completion of the above mentioned prior to starting your breath test.
3. Do not take laxatives or stool softeners 24 hours prior to test (ex. Colace, Milk of Magnesia, Ex-Lax, Metamucil, Citrucel, or Miralax)

Day Before Test: _____ **please limit your diet to the following items:**

Here are foods that you **CAN** eat. (If you are uncertain if something will affect the test, **AVOID** the product.)

- Baked or broiled chicken, fish or turkey. (SALT AND PEPPER ONLY)
- White bread (ONLY)
- Plain steamed white rice.
- Eggs (NO BUTTER, MARGARINE, PAM, etc.)
- Clear chicken or beef broth
- **Only drink water**

AVOID THE FOLLOWING FOODS:

- 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 fruits like raisins and berries.
- Vegetable juices, potatoes, alfalfa sprouts, beets, green/yellow beans, carrots, celery, cucumber, eggplant, lettuce, mushrooms, green/red peppers, squash, zucchini, broccoli, cauliflower, brussels sprouts, cabbage, kale, swiss chard, beans, lentils, corn, etc.
- All nuts, seeds and beans, as well as foods that may contain seeds.
- Milk, cheese, ice cream, yogurt, butter.

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- **NOTHING TO EAT OR DRINK 12 HOURS PRIOR TO YOUR TEST.**

Day of Test: _____

1. No **smoking, including second-hand smoke**, for at least 1 hour before or at any time during the breath test.
2. No **sleeping** or **vigorous exercise** for at least 1 hour before or at any time during the breath test.