



Stony Brook Medicine

GI Motility Department

Ambulatory Care Pavilion- Level 2

Address: 3 Edmund D. Pellegrino Road, Stony Brook NY

Our phone number is: 631-444-1759

Preparation for Hydrogen Breath Test

- 1. Wait 2 weeks** if you recently had runny diarrhea, colonoscopies, barium studies or enemas before coming for your breath test.
 - ❖ If diarrhea is the reason you are having the test, you do not need to wait 14 days.
 - ❖ **Wait 1 month** if you have been treated with oral/IV antibiotics.
 - ***You must be off antibiotics for 1 month prior to having a Hydrogen Breath Test.***
 - ❖ If you are on chronic daily antibiotic therapy, you do NOT need to wait.
- 2. 1 week prior**: Ideally, **STOP** taking laxatives, stool softeners, fiber supplements, and anti-diarrheal medications 1 week prior to test. ***Digestive Enzymes (ex: Creon: stop 3 days).***
 - ❖ If you are **unable** to stop these medications 7 days prior to your test, then try stopping these medications **5 days** prior.
 - ❖ If you are **unable** to stop these medications 5 days prior to your test, then you must stop these medications **3 days** before your test.
- 3. 1 day prior**: Stop any probiotic and follow strict diet instructions (see 2nd page).
Absolutely no bran or other high fiber foods.
-**Starting 24 hours** prior to your scheduled test, you are allowed to have plain white rice, white bread, baked or broiled chicken or turkey (white meat), white fish, eggs, chicken or beef broth.
You may drink water, black coffee or tea (**no sugar, sweeteners, creamers or milk**).
*Butter, margarine, soda, juice, and alcohol are **NOT PERMITTED**.
- 4. 12 hour prior to appointment**: Nothing to eat or drink **except** water.
- 5. DAY OF APPOINTMENT**: No smoking or vigorous exercise 1 hour before your appointment.
 - ❖ Stop at Patient Registration on Level 2 in the Ambulatory Care Pavilion before heading to the GI Motility Center.
- 6. Please be prepared to spend about 3 ½ hours total in the Motility Center.** You may want to bring a book, computer, work, music, etc. to keep you busy while you wait for the test to be completed. We have free Wi-Fi.



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THE ENTIRE DAY BEFORE YOUR TEST-LIMIT YOUR DIET

Here are food items and liquids that you **CAN** eat starting 24 hours before your test:

❖ **You may only eat the following food and drink items listed. Please read carefully.**

- Baked/broiled chicken or turkey (white meat only). You **CAN** season with salt and pepper.
- **White** sandwich bread.
- Plain steamed **white** rice.
- Eggs (made any way). You **CAN** use a small amount of cooking spray in frying pan.
- Clear chicken or beef broth.
- **White** flakey fish (examples: Fluke, Flounder, Basa, and Striped Bass).
- Water, black coffee or tea (**no sugar, sweeteners, creamers, or milk**).

- If an item in question is not mentioned on the above list, you should **AVOID** the product.