

Breath Test Instructions

- **Location:** Good Samaritan Hospital, Endoscopy Department.
- **To schedule:** call 408-559-2179
- **Medications:** No antibiotics or probiotics for 2 weeks.

Day Before the Test:

Diet:

Food not allowed:

No grains, whole wheat bread, crackers, cookies, bran, cake or cereal.

No sauces (ketchup, salad dressing, soy sauce, etc.).

No fruits or vegetables.

No spices (salt is OK).

No beans, popcorn, nuts or pasta.

Low fiber diet

Food allowed:

Cheese, plain meat, chicken or fish, butter (small amount), jelly, milk (1 glass), water, tea, soda (not fruity), plain meat, white rice and water

Example diet for 1 day prior to the test day:

Breakfast: white toast, cheese, milk

Lunch/Dinner: White rice (no tomatoes, vegetables), white toast, milk, water, boiled or baked chicken (no skin, no sauce), or boiled or baked white fish.

Activity:

Patient should eat an early dinner.

Nothing to drink or eat after midnight until the test is over. Fast for 12 hours.

No smoking.

Test Day:

Patient should not sleep or exercise vigorously within 1 hour of procedure

No food or drink in the morning

Bring a book/movie to entertain your child.

A breath sample is obtained every 15-30 minutes for 3-4 hours.

Your child will have to drink 4 ounces of fluids with the test lactose, lactulose, sucrose, or fructose.