



HYDROGEN BREATH TEST

Read these instructions at least 2 weeks before you come for your procedure.

WHY DO I NEED THIS TEST?

This test will help us measure how much hydrogen and methane gas is in your breath. You may need this test if you:

- Have diarrhea, loose stools, bloating, gas, abdominal pain, nausea/vomiting
- Cannot drink milk or eat milk products

HOW DO I PREPARE FOR THIS TEST?

- **Do not take any antibiotics within 2 weeks of the test.**
- **Do not eat solid food for 12 hours** before you have the test. **Do not eat grain cereal** (bran, rice, or oats) **for at least 12 hours** before the test.
- You can drink **water only up to 4 hours before your test.**
- **Do not smoke for at least 1 hour before the test.**
- **Arrive at the Digestive Health Center 15 minutes before your appointment.**
- Please limit the number of people you bring with you to our waiting room.
- **Bring a list of current medications and medication allergies with you.**
- You may take your morning medications as usual with a sip of water.

REGISTRATION

- When you arrive at the hospital walk through the main entrance and ask the hospital receptionist to direct you to the Digestive Health Center.
- Enter our waiting room and check-in at the reception desk.
- After check-in you will be called to register.
- After registration, you will be called to the procedure area.

HOW DO I TAKE THIS TEST?

- A nurse will explain the test to you. Ask them any questions you might have.
- We will ask you to breathe into a bag every 20 to 30 minutes. You may need to do this for 3 hours.
- You will be given some medicine to drink and we will measure samples of your breath to find out how much hydrogen and methane gas it contains.
- You may bring some reading or craft materials with you to occupy your time.

WHAT HAPPENS AFTER THE EXAM?

- You may start eating normally again.
- Because of your body's reaction to the medicine, you may have cramps, bloating, or diarrhea.
- Before you leave, you will be given discharge instructions and the nurse will discuss the results of your test with you. **Please contact the physician who ordered your procedure to obtain test results as it relates to your plan of care.**
- After you leave, if you have a severe pain, continued nausea and vomiting, or develop a fever, please call us at **(434) 982-0221** or the hospital operator **(434) 924-0000** and ask for the GI doctor on-call. You may also go to your local emergency room.
- If you have questions about the test, please call **(434) 924-9957**.
- If you need to cancel or reschedule the test, please call **(434) 924-9999**.
- If you are out of the area, you may use 1-800-251-3627 and ask the operator to connect you to any of the above numbers.

The Digestive Health Center of Excellence is nationally recognized for diagnosis and treatment of gastrointestinal diseases. As our patient, you will receive the best possible care by caring physicians and health care professionals.