Hydrogen ($H_2$) Breath Test

This test is done to measure the amount of hydrogen in your breath. It may be used to check if you have lactose intolerance or bacterial overgrowth in your small intestine.

Please review all the instructions about your test and prep as soon as you get them, so you can be prepared. If there is any reason you are not able to follow the restrictions during the prep and test, the test will need to be rescheduled.

- Please call 614-293-8784 to cancel or change your appointment.
- If you have any questions or concerns, please call 614-293-6255.

To prepare for your test

For 2 weeks before the test:
- You should be off any antibiotics.
- You should not have any tests or procedures that require you to cleanse your bowel, such as a colonoscopy or barium enema.

For 24 hours before the test:
The following are the ONLY foods you can eat during this time:
- Baked or broiled chicken, turkey or fish seasoned only with salt or pepper
- Plain steamed white rice
- Eggs
- Clear chicken or beef broth
- Water

For 12 hours before the test, do not eat or drink anything except for sips of water. This includes no chewing gum, mints or candy.

The day of the test

- Bring all of your prescription medicines with you to the test, so you will have them to take when the test is done.
- Avoid tobacco use or being around someone who is smoking for at least 1 hour before or any time during the test.
- No sleeping or vigorous activity for at least 1 hour before or any time during the test.
- Please arrive 30 minutes before the test begins.
- Check in at the Endoscopy Testing Registration Desk on the 2nd floor of Doan Hall. Registration will ask to see your insurance card at this time.
- Expect to be at the hospital for about 4 hours for this test. You will have several breath test periods with down time between them.
- Due to the length of the test, we recommend that you bring something to occupy your time in between the test periods.
**Having your test**

- A breath sample will be taken. You will blow into a small bag.
- You will then be given a dose of a sugary liquid to drink.
- Breath samples will be taken every 15 minutes or every hour for 3 to 4 hours after the dose of sugar.
- Do not eat or drink anything **except water** during the test.
- Do not smoke or be around others who are smoking during the test.

**After the test**

There are no restrictions after the test. You may return to your normal diet, medicines and activities. Your test results will be sent to your doctor, so he or she can share them with you.