



Birns, Gloger, Witten & Bhinder, MD

**INSTRUCTIONS FOR BREATH HYDROGEN TEST**  
**Bacterial Overgrowth Test (SIBO) OR LACTOSE Tolerance Test**  
**(Circle appropriate test)**

**Patient Name:** \_\_\_\_\_

**Date:** \_\_\_\_\_ **Time of Procedure:** \_\_\_\_\_

**Time of Prep:** \_\_\_\_\_ **Arrival Time:** \_\_\_\_\_

**Location:** Birns Gloger, Witten & Bhinder MD- **ROCKVILLE OFFICE ONLY**  
 9711 Medical Center Dr Rockville, Maryland 20850  
 P) 301-251-1244 option 3

First 12 hours of prep: **24 hour Diet**      Date: \_\_\_\_\_ Time: \_\_\_\_\_  
 Patients should avoid foods listed for 24 hours prior to the test.

Second 12 hours of prep: **NPO Diet**      Date: \_\_\_\_\_ Time: \_\_\_\_\_  
 Patients should be NPO (nothing by mouth) 12 hours prior to the test. Only water may be consumed.

- No smoking including second hand smoke for at least 1 hour before or at any time during the test.
- No sleeping or vigorous exercise for at least 1 hour before or at any time during the test
- Wait at least 14 days before beginning your breath test if you recently had antibiotic therapy, runny diarrhea, colonoscopies, barium studies or enemas. **If any of these conditions apply, please reschedule.**

Even though patients are NPO for 12 hours prior to the test, it is also required to avoid certain foods at least another 12 hours prior to the NPO diet.

**You may drink plain water, coffee, or tea (no sugar/artificial sweeteners or cream added)**

## **BEGIN THIS DIET 24 HOURS PRIOR TO THE TEST**

Date: \_\_\_\_\_ Time: \_\_\_\_\_ (24 HOUR DIET)

### **FOODS TO AVOID**

**GRAIN PRODUCTS:** Pastas, whole grain products (including cereals and Melba toast), brans or high-fiber cereals.

**FRUITS:** Fruit juices, applesauce, apricots, bananas, cantaloupe, canned fruit cocktail, grapes, honeydew melon, peaches, watermelon, Raw and dried fruits like raisins and berries. Yogurt containing fruit.

**VEGETABLES:** Vegetable juices, potatoes, alfalfa sprouts, beets green/yellow beans, carrots, celery, cucumber, eggplant, lettuce, mushrooms, green/ red peppers, squash, zucchini.

**VEGETABLES FROM THE CRUCIFEROUS FAMILY:** Broccoli, cauliflower, Brussels sprouts, cabbage, kale, Swiss chard, beans, lentils, corn.

**NUTS, SEEDS, BEANS:** All nuts, seeds and beans as well as foods that may contain seeds.

**ALL DAIRY PRODUCTS (EXCEPT EGGS):** Milk, cheese, ice cream, yogurt, butter.

**MEATS, PASTAS, CORN OR PRODUCTS THAT CONTAIN CORN**

## **DINNER FOR THE NIGHT BEFORE THE TEST**

Date: \_\_\_\_\_ Time: \_\_\_\_\_

**Suggestions for the last meal to consume prior to NPO diet:**

- Baked or broiled chicken, fish or turkey. (Salt and pepper only)
- Plain steamed white rice or white bread
- Eggs
- Clear chicken or beef broth.

## **The second 12 HOURS PRIOR TO THE EXAM – NOTHING BY MOUTH (NPO DIET)**

Date: \_\_\_\_\_ Time: \_\_\_\_\_

**BE VERY CAREFUL TO NOT EAT, DRINK, SMOKE OR CHEW ANYTHING, EXCEPT WATER...  
YOU MAY BRUSH YOUR TEETH AND RINSE WITH WATER-DO NOT USE MOUTHWASH.  
**THIS COULD ALTER THE TEST IF NOT FOLLOWED.****