



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

Patient Name: _____ **Date:** _____

Time of Test: _____

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

**AVOID FOODS LISTED BELOW AND ON THE BACK FOR 24 HOURS
PRIOR TO THE TEST**

- Patients should avoid foods listed for 24 hours prior to the test.
- ****Patients should be NPO (nothing by mouth) 12 hours prior to the test.**
- 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.**

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. Broccoli, cauliflower, Brussel sprouts, cabbage, kale, Swiss chard, lentils, beans and 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

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.

****REMEMBER: You must remember, nothing by mouth 12 hours prior.**