Hydrogen & Methane Breath Test - Procedure Instruction Sheet

Please read the following information carefully. If you have any questions reading this instruction sheet, please do not hesitate to contact us.

You **MUST** consult with your doctor prior to discontinuing any prescribed medication.

You must wait at least **1 month** after:

- A colonoscopy (or any procedure involving bowel preparation)
- Taking antibiotics (unless advised)

Please refrain from taking the following **1 week** before testing:

- Probiotics foods and/or probiotic supplements
- Herbal anti-microbial supplementation (unless retesting)

Please refrain from taking the following **1 day** before testing:

- Digestive aids such as digestive enzymes
- Laxatives or bulking agents e.g. Fybogel

Please comply with the following **24 hours** before (48 hours if constipated):

**First 12 hours** consists of a restricted meal plan - see below. (36 hours if constipated).

Foods listed below are only to be consumed, avoid all other foods not listed.

- Baked or broiled chicken, fish or turkey (spiced ONLY with salt and pepper)
- Plain steamed white rice (Basmati or Jasmine)
- Hard aged cheese (Parmesan, Pecorino) unless you are dairy intolerant
- Eggs
- Clear chicken or beef broth
- Olive oil or coconut oil – 1 tablespoon only, for cooking

**Sample Meal Plan**

To begin 12 or 36 hours (if constipated) before testing.

**Breakfast:** Scrambled eggs with parmesan cheese

**Mid morning snack:** Chicken broth

**Lunch:** Chicken and white rice seasoned with salt and pepper

**Mid afternoon snack:** Chicken broth

**Dinner:** Fish and white rice seasoned with salt and pepper

**Drinks:** Water

**Second 12 hour** period **will be fasting** – ONLY water is allowed

- No smoking (or e-cigarettes) are permitted, including second-hand smoke, for at least 12 hours before and at any time during the testing period.
- No sleeping or vigorous exercise for at least 1 hour before and at any time during the testing period.
- No chewing gum or breath mints are permitted on the day of the test or the day before testing.