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
  - Black Tea or Coffee (No milk or sugar)

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.