



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.