

Hydrogen Breath Test Preparation

If your child eats within 12 hours of the test or eats certain foods the day before the test, (eg. slowly-digesting, fiber-containing foods) this can interfere with our ability to interpret test results.



The day before your child's test:

AVOID:

- All vegetables
- All fruits
- All nuts and seeds (including nut milks)
- All beans
- Whole grain and wheat products (including pasta, cookies, bread)
- Soda
- Most dairy products (milk, soft cheese, ice cream, sour cream, yogurt, butter)
 - Lactaid milk or other 100% lactose-free milk is allowed
 - Hard (aged) cheese is allowed (eg: cheddar, parmesan, colby and swiss)

You **CAN** Eat:

- Any meat, fish/seafood, poultry
- Eggs
- White rice (to include rice chex, rice krispies)
- Corn (to include corn tortillas, popcorn, corn chex)
- Oats (to include plain cheerios)
- Gluten-free bread
- Water
- Lactaid milk or other 100% lactose-free milk

Example Meals:

Breakfast:

Eggs: hard-boiled, scrambled with cheese
or fried in oil

Lunch or Dinner:

Chicken, baked or sautéed in oil
White rice
Homemade beef patty with a slice of cheddar

Snack:

Popcorn

Your child can have **NOTHING** by mouth for 12 hours before the test

Usual prescription medicines are ok
Small sips of water are ok too

If your child has had antibiotics within 4 weeks of the test, please contact us