H2 Breath:

- ❑ ***Schedule:*** *Mon-Fri at 08:00 and 09:00, 2 appts/day*
- ❑ ***Prep:*** *12h before test: NPO + 12h prior to NPO: special diet (see detailed instructions below)*

Patient Preparation Guidelines for Testing

Any questions related to preparation should first be consulted with the patient's physician or nutritionist prior to consulting NorDx.

- *Patients will be NPO (Nothing by mouth) for 12 hours prior to the test. Only water may be consumed.*
- *Patients should avoid foods listed below 12 hours prior to the NPO request.*
- *No smoking, including second-hand smoke, for at least 2 hours 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.*
- *Recent antibiotic therapy, runny diarrhea or colonoscopies may affect these breath tests, therefore medical staff and physicians should consult with patients about these conditions prior to performing any test. Waiting at least two weeks after antibiotic treatments is recommended.*
- *Cessation of probiotics at least one week prior to testing is recommended.*
- *If any of the above conditions apply, rescheduling the patient will most likely be necessary.*
- *Drinking water only during your breath test is allowed in moderation.*

Even though patients are NPO for 12 hours prior to the test, it is also required to avoid certain foods at least another 12 hours prior to the NPO request beginning. The avoidance of foods listed herein are not limited to only the foods outlined below, they help serve as an umbrella of foods to avoid.
Listed below are generic avoidance groups *and are not limited to what is listed. If you and/or the patient are uncertain if something may affect the test, do not consume the product and/or consult the patient's physician.*

- ***Grain Products:*** *Whole grains 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 which contains fruit.*
- ***Vegetables:*** *Vegetable juices, potatoes, alfalfa sprouts, beets, green/yellow beans, carrots, celery, cucumber, eggplant, lettuce, mushrooms, green/red peppers, squash, zucchini.*
- ***Vegetables from the cruciferous family:*** *Broccoli, cauliflower, Brussel sprouts, cabbage, kale, Swiss chard, beans, lentils, etc.*
- ***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.*

Suggestions for the patient's last meal to consume prior to NPO can be:

- *Baked or broiled chicken or turkey. (Salt and pepper only)*
- *Baked or broiled fish. (Salt and Pepper only)*
- *Plain steamed white rice.*
- *Eggs.*
- *Clear chicken or beef broth.*