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Type of Test: SIBO  SUCROSE  LACTOSE  FRUCTOSE  LACTULOSE

### HYDROGEN/METHANE BREATH TEST

\*\*\*Plan to be in the office for 3 and 1/2 hours for this test\*\*\*

The Entire Day Before your Test: \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_

**You may NOT Eat/Drink:**

- NO Dairy Products
- NO Pasta
- NO Beans
- NO Red Meat
- NO Butter/Margarine
- NO Soda or Alcohol
- NO Fruits/Vegetables

**You may Eat/Drink:**

- Plain White Bread
- Plain White Rice
- Plain White Potato
- Baked/Boiled Chicken/Fish (NO Fried)
- Black Coffee or Tea/ NO DAIRY
- Eggs (Any Style)
- Water

The Day of Your Test: \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_

\*\*\*Nothing by mouth 12 Hours Prior to Your Appointment\*\*\*

- **DO NOT** Chew gum, tobacco, smoke cigarettes, eat breath mints or candy 1 hour before or during the test.
- **DO NOT** Exercise or sleep 1 hour before or during the test.
- **DO NOT** Take any antibiotics 2 weeks prior to the test.
- **DO NOT** Use laxatives 1 week prior to the test.
- Wait **14 days** before your breath test if you recently had diarrhea, colonoscopies, barium studies or enemas.

\*\*\*Please Take All Your Medications (with a small amount of water) and BRUSH your teeth the morning of the test\*\*\*

