



Advanced Pediatric Gastroenterology



Hydrogen Breath Test Preparation

4 weeks before the test:

DO NOT take any antibiotics or Pepto Bismol. Do NOT undergo colonoscopy, barium enema, or other tests that require a bowel prep or cleansing.

24 hours before the test: DO NOT smoke the day before and the day of the test. Smoking can affect the results of the test. Try to avoid places where people smoke. Second-hand smoke can also affect the results of the test.

Day of the test:

DO NOT smoke. Avoid second-hand smoke. DO NOT chew gum. DO NOT use mouthwash. Use only a small amount of water when you brush your teeth.

8 hours before the test:

DO NOT eat or drink anything (including water) for 8 hours before the test.

Upon arrival for the test:

A healthcare provider will explain the test in detail and answer any questions you may have.

The testing procedure lasts about 2 hours.

After the test

Preliminary results of the test will be discussed with you.

Final test results will be sent to your physician.

You may resume your normal activities.

You may resume your normal diet unless you have other tests that require dietary restrictions.