

Gastro-Intestinal Consultants of Manhattan, P.A.

W. Travis Dierenfeldt, M.D.

Instructions for Breath Testing

Date of Procedure _____

Time to Arrive at Facility _____

Time of Procedure _____

Location of Procedure

GI Consultants of Manhattan
1213 Hylton Heights Road, Suite 101
Manhattan, KS 66502

If you need to cancel or reschedule for any reason, please notify our office at least 24-48 hours in advance.

1. Please arrive promptly for your appointment. Late arrival may necessitate rescheduling of your appointment.
2. Please take your medications with small sips of water on the day of your test.
3. This is a 90 minute test, you may bring a book or magazine to read.
4. You **SHOULD NOT TAKE ANY ANTIBIOTICS** for at least two weeks prior to breath testing if you are being tested for small bacterial overgrowth (SIBO)- unless we are testing to see if the antibiotics were effective.
5. If you take any Proton Pump Inhibitors (PPI) which contains Omeprazole, Lansoprazole, Dexlansoprazole, Esomeprazole, Pantoprazole, Rabeprazole, **please do not take 7 days prior to test.** If you are unsure if you take any of these medications, please consult with your referring physician.

THESE GUIDELINES ARE TO BE FOLLOWED FOR ALL HYDROGEN BREATH TESTS

- No sleeping or vigorous exercise for at least 1 hour before or at any time during the test
- If you have recently had a colonoscopy, barium studies or enemas, please **wait 14 days** after completion of the above mentioned prior to starting your breath test.
- No brushing your teeth, chewing gum, use of mouth wash, chewing tobacco, smoking or exposure to second hand smoke at least 1 hour prior to test or at any time during the test
- Patients will be NPO (Nothing by mouth) after 8pm the evening prior to the test. Only water may be consumed.
- If any of these above conditions apply, rescheduling the patient will most likely be necessary

Even though patients are NPO 12 hours prior to the test, it is also required to avoid certain foods the entire day prior to your test.

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Listed below are foods to avoid the day prior to your test. If you are uncertain if something may affect the test, **DO NOT CONSUME** the product and/or consult the physician.

- **GRAIN PRODUCTS:** Pastas, whole grains products (including cereals and Melba toast), brans or high-fiber cereals, granola, etc.
- **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, etc.
- **VEGETABLES FROM THE CRUCIFEROUS FAMILY:** Broccoli, cauliflower, brussel sprouts, cabbage, kale, Swiss chard, beans, lentils, corn, 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
- **MEATS, PASTAS, CORN OR PRODUCTS THAT CONTAIN CORN (EXCEPT THOSE LISTED BELOW) □ LIQUIDS:** Plain coffee, tea and water. – NO ADDATIVIES

- **SUGGESTIONS FOR MEALS TO CONSUME PRIOR TO NPO (8:00pm) THE NIGHT PRIOR TO THE TEST**

- **Baked or broiled chicken, fish or turkey (Salt and pepper only)**
- **Plain steamed white rice**
- **Eggs (Not fried)**
- **Clear chicken or beef broth**
- **White bread only**