

- **JAMES D. TOROSIS, M.D.**
- **VICKY W. YANG, M.D.**
- **DANIEL S. RENGSTORFF, M.D.**
- **CYNTHIA LEUNG, M.D.**

∞ **PENINSULA GASTROENTEROLOGY MEDICAL GROUP** ∞

Patient Preparation HYDROGEN BREATH TEST

Patient Name: _____ **D.O.B.** _____
Date of Test: _____ **Test Time: 8:45-11:45am**

PLAN TO BE AT THE OFFICE FOR 3 HOURS

- **4 weeks before the test** you should not take any antibiotics.
- **1 week before the test** do not have a colonoscopy or barium enema, do not take any laxative, stool softeners or bulking agents (colace, Milk of Magnesia, ex-lax, Metamucil, or Citrucel)

The Day Before the Test:

You may ONLY consume the following foods

- | | |
|---|---|
| <ul style="list-style-type: none"> • Plain white bread • Plain white rice • Plain white potatoes • Baked or broiled chicken or fish | <ul style="list-style-type: none"> • Water • Non-flavored (black) coffee or tea • Salt |
|---|---|

¥ NO SUBSTITUTIONS ¥

The Night Before the Test:

- No food after 9PM - You may only drink water

The Morning of the Test:

- You SHOULD NOT sleep or exercise vigorously for at least 1 hour prior to the test

During the Test:

- DO NOT sleep or exercise
- DO NOT smoke, chew gum or eat anything

Please remember you will be at the office for 3 hours. You may want to bring a water bottle and something to do during this time

HYDROGEN BREATH TEST

The hydrogen breath test is a test that uses the measurement of hydrogen in the breath to diagnose several conditions that cause gastrointestinal symptoms (diarrhea, bloating, gas, and abdominal cramps). In humans, only bacteria - specifically, anaerobic bacteria in the colon - are capable of producing hydrogen. The bacteria produce hydrogen when they are exposed to unabsorbed food, particularly sugars and carbohydrates, not proteins or fats. Although limited hydrogen is produced from the small amounts of unabsorbed food that normally reach the colon, large amounts of hydrogen may be produced when there is a problem with the digestion or absorption of food in the small intestine, that allows more unabsorbed food to reach the colon.

Large amounts of hydrogen also may be produced when the colon bacteria move back into the small intestine, a condition called bacterial overgrowth of the small bowel. In this latter instance, the bacteria are exposed to unabsorbed food that has not had a chance to completely traverse the small intestine to be fully digested and absorbed. Some of the hydrogen produced by the bacteria, whether in the small intestine or the colon, is absorbed into the blood flowing through the wall of the small intestine and colon. The hydrogen-containing blood travels to the lungs where the hydrogen is released and exhaled in the breath where it can be measured.