

# Patient Preparation Instructions

## Breath Test

Name: \_\_\_\_\_ D.O.B \_\_\_\_\_

Date of Test: \_\_\_\_\_ Time: \_\_\_\_\_

### **Plan to be at the office for 3 hours**

#### **Preparation for Test**

**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 laxatives, stool softeners or bulking agents (colace, milk of magnesia, ex-lax, Metamucil or Citrucel)

#### **The Day before Test:**

You **SHOULD NOT** eat high-fiber or slowly digesting foods the day before the test because they may still be present in the colon the next day.

#### **You may ONLY consume:**

Plain White Bread    Plain white rice    Plain white Potatoes  
Baked or Broiled Chicken or Fish (do not use oils, lemon/lime or seasonings)  
Water Non-flavored (black) coffee or tea  
Only salt may be used on your food

#### **DO NOT EAT OR DRINK ANYTHING ELSE**

#### **FOODS TO AVOID:**

Fiber/Bran Cereal, Butter/Margarine, Soda (or any carbonated beverages), Pasta, Beans, oatmeal,  
**Dried or Stewed Fruits** (Prunes, Raisins, Apricots)  
**Root Vegetables** (Carrots, Turnips, Apricots)  
**Raw or Fresh Vegetables** (Cabbage, Peas, Corn, Broccoli, Brussel Sprouts, Spinach)  
**Fruits** (Apples, Bananas, Oranges, Grapefruit, Pears, Berries)  
**Beans** (Kidney, Baked, Navy, Lentils)

#### **The Night before Test:**

No food after **9 PM**, You may only have water to drink

#### **The Morning of the Test:**

You **SHOULD NOT** sleep or exercise vigorously for at least 1 Hour prior to test

#### **During the Test:**

**DO NOT** sleep or exercise during the test  
**DO NOT** smoke, chew gum, or eat candy during the test

**\* Please remember you will be at the office for three hours, you may want to bring a water bottle, and something to do during this time, like a book or laptop ( we do not have wireless connection)**