



## H<sub>2</sub> Breath Test

### PLEASE READ CAREFULLY

Please follow these instructions carefully to assure the most accurate results possible. You should discuss any questions or concerns with your physician **before** the day of the test.

#### About the Test

The H<sub>2</sub> Breath Test is a painless test that measures your ability to digest certain sugars (lactose, fructose and lactulose). To begin the test, you will drink a small amount (8 ounces) of a sugar compound. Next, a TriCore laboratory technician will measure the amount of hydrogen and methane gas in your breath at timed intervals. TriCore will provide the results to your physician within one week of the day you take the test.

#### Scheduling Your Test

Call TriCore at 563-6100 to make an appointment for this test. All H<sub>2</sub> breath tests are scheduled at the following location:

**TriCore Reference Laboratories**

Physicians Office Building (*Presbyterian Hospital, Central and Cedar*)  
201 Cedar SE, Suite 400  
Albuquerque, NM 87106

**The test takes three hours to complete. Timing of the samples is critical. Please be prepared to stay in our waiting area during the full three-hour period.**

#### How to Prepare for the Test

1. Fast for at least 10 hours. You may drink water, but **you must not eat any food** during the fasting period.
2. Do not eat beans, bran, cereal, bread, or other high-fiber foods for 24 hours before the test.
3. Do not use laxatives or enemas for at least 2 days before the test.
4. Do not use fiber substitutes such as Metamucil, Citrucel, Hydrocil, Konsyl, Fibercon or similar products for at least 2 days before the test.
5. Do not smoke, sleep, or exercise vigorously for at least 1/2 hour before, or at any time during, the test.
6. You should not have been on antibiotics for at least two weeks before the test.
7. You should not have had diarrhea for 2 days before the test.

## IF YOU HAVE QUESTIONS

You should discuss any questions or concerns with your physician *before* the day of the test.