

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

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### PLEASE READ CAREFULLY

- Please follow these instructions carefully to ensure the most accurate results possible.
- You should discuss any questions or concerns with your healthcare provider **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, or lactulose). To begin the test, you will drink a small amount (8 ounces) of a sugar compound. Next, a TriCore Reference Laboratories technician will measure the amount of hydrogen and methane gas in your breath at timed intervals. TriCore will provide the results to your provider within one week of the day you take the test.

### SCHEDULING YOUR TEST

Call TriCore at 505-563-6100 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 (at Presbyterian Hospital, Central and Cedar SE)

201 Cedar SE, Suite 400

Albuquerque, NM 87106

505-563-6100

The test takes 3 hours to complete. Timing of the samples is critical. Please be prepared to stay in our waiting area during the full 3-hour period.

Please turn the page for test preparation instructions.

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

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### HOW TO PREPARE FOR THE TEST

- If you recently had antibiotic therapy, runny diarrhea, colonoscopies, barium studies or enemas, please WAIT 14 DAYS after completion of the above-mentioned before starting your breath test.
- If you take any Proton Pump Inhibitors (PPIs) which contain Omeprazole, Lansoprazole, Dexlansoprazole, Esomeprazole, Pantoprazole, or Rabeprazole, please WAIT 7 DAYS after finishing your prescription before starting your breath test.
- Do not discontinue any medication without prior authorization from your provider.

### 24 HOURS BEFORE THE TEST – Diet Restrictions

Food may be eaten until 12 hours before the test begins.

Please limit your diet. Here are the **ONLY** items you **CAN** consume:

- Baked or broiled chicken, fish or turkey (salt and pepper only)
  - WHITE bread only
  - Plain steamed WHITE rice
  - Eggs (boiled or cooked without butter)
  - Clear chicken or beef broth
  - Black coffee or plain tea
  - Your regular medications (unless instructed otherwise by your provider)
- If you are uncertain whether something will affect the test, **AVOID** the product. If you have questions, call TriCore Reference Laboratories at 505-563-6100.

### 12 HOURS BEFORE THE TEST – Fasting

- **DO NOT EAT ANYTHING DURING THIS PERIOD.** Only NON-FLAVORED water and your regular medications may be consumed.

### 1 HOUR BEFORE THE TEST

- No smoking, including second-hand smoke, for at least 1 hour before or at any time during the test.
- No sleeping for at least 1 hour before or at any time during the test.
- No vigorous exercise for at least 1 hour before or at any time during the test.

### DURING THE TEST

- Drinking plain water is allowed in moderation.

### IF YOU HAVE QUESTIONS

You should discuss questions or concerns with your healthcare provider **BEFORE** the day of the test.