

## Hydrogen/Methane Breath Testing

### **2 WEEKS BEFORE YOUR TEST**

- Finish taking any antibiotics or antifungals (except those who are re-testing following SIBO treatment).
- Do not undergo colonoscopy, barium enemas, or colonics during this time.

### **4 DAYS BEFORE YOUR TEST**

- Avoid all laxatives including (high dose) vitamin C and magnesium.

### **1-2 DAYS BEFORE YOUR TEST**

- Avoid all high-fiber and lactose-containing foods: all vegetables, all fruits, all nuts and seeds (including nut milks), all beans, all grains (except white rice but only if your diet normally includes grains), all condiments, and all spices and herbs (except salt and pepper).
- The following list of foods are the **ONLY** acceptable foods for the preparatory diet- if it is not on this list, **DO NOT** eat it:
  - Any meat, fish/seafood, poultry
  - Plain, steamed jasmine white rice (if you are on a grain free diet, please do not consume rice)
  - Eggs
  - Clear meat broth (no bouillon, bone/cartilage, or vegetable broth)
  - Fats/oils (e.g., coconut/olive/vegetable oil, butter, or lard)
  - Salt and pepper
  - Weak black coffee and/or weak black tea (plain, no sweeteners or cream), **NO** Green tea or herbal teas
  - Plain water, i.e. no mineral water
- For example meals on the preparatory diet, please visit our website: <http://sibocenter.com/faqs/>

### **24 HOURS BEFORE YOUR TEST**

- Stop taking all non-essential medications (please consult with your physician to determine 'non-essential' from 'essential').

### **12 HOURS BEFORE YOUR TEST**

- Begin fasting (diabetic patients should consult with their physician prior to fasting to ensure this test is safe for them). Avoid all food, drinks (except water).

### **THE DAY OF YOUR TEST**

- Wake up at least 1 hour prior to beginning collection. You may brush your teeth as normal. No smoking or vigorous exercise for at least one hour prior to collection.
- For a sample schedule of the test, please visit our website: <http://sibocenter.com/faqs/>

**For a step-by-step video on how to administer the test at home and answers to FAQs, please visit our website at: <http://sibocenter.com/faqs/>.**