

# Franklin Medical Group, PC Digestive Disease Center

60 Westwood Ave. Waterbury, CT 06708 (ph. 203-574-3007) (fax 203-573-1739)

## Patient Preparation Guidelines for Testing

THE GUIDELINES BELOW ARE TO BE FOLLOWED FOR ALL HYDROGEN BREATH TESTS.

LACTOSE – 3hrs. LACTULOSE – 3hrs. FRUCTOSE – 3hrs.

**Test is performed in our office at 60 Westwood Ave. Waterbury, CT 06708.**

You will need to follow a diet 24 hrs. prior to test.

From 9am to 9pm the day before your test you can eat, but avoid these items:

**GRAIN PRODUCTS:** Pastas, whole grain products (including cereals and melba toast), brans or high-fiber cereals, granola, etc...

**FRUITS:** Fruit juices, apples, apricots, bananas, cantaloupe, canned fruit cocktail, grapes, honeydew melon, peaches, watermelon. Raw and dried fruits like raisins and berries.

**VEGETABLES:** Vegetable juices, potatoes, alfalfa sprouts, beets, green/yellow beans, carrots, celery, cucumber, eggplant, lettuce, mushrooms, green/red peppers, squash, zucchini, etc.

**VEGETABLES FROM THE CURCIFEROUS FAMILY:** Broccoli, cauliflower, brussels sprouts, cabbage, kale, swiss chard, beans, lentils, corn, etc.

**NUTS, SEEDS, BEANS:** All nuts, seeds and beans, as well as foods that may contain seeds.

**ALL DAIRY PRODUCTS (EXCEPT EGGS):** Milk, cheese, ice cream, yogurt, butter.

**MEATS, PASTAS, CORN OR PRODUCTS THAT CONTAIN CORN (EXCEPT THOSE LISTED BELOW)**

SUGGESTIONS FOR THE PATIENT'S EVENING MEAL TO CONSUME PRIOR TO FASTING CAN BE:

- Baked or broiled chicken, fish or turkey. (Salt and pepper only)
- Plain steamed white rice.
- Eggs.
- Clear chicken or beef broth.

- ❖ From 9pm the night before the test, **nothing to eat. You may drink water, black coffee & tea. (no milk or cream)**
- ❖ No medications the morning of test.
- ❖ No antibiotics 12 hrs. prior to test.
- ❖ No smoking, including second-hand smoke, for at least 1 hour before or at any time during test.
- ❖ No sleeping or vigorous exercise for at least 1 hour before or at any time during test.
- ❖ No gum chewing day of test.
- ❖ Do not wear lipstick/lip gloss day of test or you will be asked to remove it.
- ❖ You will be instructed by the medical assistant regarding drinking water during the test.

TEST SCHEDULED ON: \_\_\_\_\_ AT: \_\_\_\_\_