

H₂ Breath Test

PLEASE READ CAREFULLY

- Please follow these instructions carefully to ensure the most accurate results possible.
- **Note: This is a two-page document. See second page for detailed test preparations.**
- You should discuss any questions or concerns with your healthcare provider **BEFORE** the day of the test.

ABOUT THE TEST

The H₂ 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.

SCHEDULING YOUR TEST

Call TriCore at 505-563-6104 to make an appointment for any H₂ Breath Test. When leaving a voice message, please speak slowly and clearly so our staff gathers the correct information. Calls typically are returned the same business day but may take up to 24 hours to be returned.

All breath tests must be scheduled with a tech, not online. Patients arriving without an appointment will be scheduled for an available time at their earliest convenience. All H₂ breath tests are performed 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

505-563-6104

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.

HOW TO PREPARE FOR THE TEST

- If you have recently taken any antibiotics (by mouth or topical), 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), blockers, or antacids such as Omeprazole, Lansoprazole, Dexlansoprazole, Esomeprazole, Pantoprazole, Rabeprazole, Ranitidine, Famotidine, Pepto- Bismol, tums, or gas-x please WAIT 1 DAY after finishing your prescription before starting your breath test.
- Wait 4 days after finishing all Probiotics (including yogurt), and any enzymes 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:

Do not cook with any butter or oil

- Chicken, fish, or turkey (salt and pepper only)

No fast-food meats

- WHITE bread or white tortillas only, no sourdough bread
- Plain steamed WHITE rice (minute rice is ok)
- Eggs (boiled or cooked without butter or oil)
- Clear chicken or beef broth (from bouillon cubes or powder)
- Black coffee, black tea, plain water (no herbal teas, no sugar/artificial sweeteners or creamer added)
- Your regular prescribed 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 505-563-6101.

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 cannabis), 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.
No sleeping or walking around.