HYDROGEN BREATH TEST

Patient Name: ___________________________ Date: ___________________________

Check-in Time: ___________________________ Appointment Time: ___________________________

If you arrive more than 15 minutes late to your appointment, you may have to reschedule.

Bacterial Overgrowth  Lactose Intolerance  Fructose Intolerance

Check-in Information and Address of Test Site:
UCSD Medical Center in Hillcrest: 200 West Arbor Drive, San Diego, CA 92103. Check-in at Gastroenterology/Endoscopy in Medical Offices North, 2nd Floor, Suite 2. Please check-in 15 minutes prior to the appointment. There is no free parking.

Cancellations:
A 72 HOUR NOTICE IS REQUIRED. Call 619-543-2347 and leave a cancellation message. Please include your name, medical record number (MRN) and message.

Emergency questions:
After hours or weekends call (619) 543-6737 and ask for the G.I. fellow on-call for emergency questions.

PREPARATION INSTRUCTIONS

Four Weeks before the Test
1) Stop taking antibiotics
2) Stop taking probiotics

Two Weeks before the Test
1) Stop taking Pepto-Bismol

The Day of the Test:
1) Do not eat or drink anything (except water) for 12 hour before the test.
2) Do not use mouthwash the day of your appointment.
3) If you are diabetic, please bring your glucometer with you.
4) Avoid slowly digesting foods like; beans, pasta, fiber cereals, and other high fiber foods the day before the test.
5) Do not sleep, smoke, or exercise vigorously for at least ½ hour before the test.
6) Do not eat, drink, chew gum or tobacco, smoke cigarettes, and eat breath mints/candy before and during the test.
7) The test will take about 3 hours to complete
8) You will blow into an air collection bag and then drink a glass of liquid. Multiple breath samples will then be collected.
9) Bring reading material, a laptop, or something to do since the test will be long.
10) Please allow ample time for parking. If you are more than 15 minutes late, we may not perform your test.
11) You will be NPO during this test. (Nothing by mouth.)

For more information go to http://health.ucsd.edu/specialties/gastro/motility/procedures, or call 619-543-2347.