



Auckland

Gut Testing

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Preparation for Hydrogen-Methane Breath Testing

To aid accuracy of breath test results, you must follow these instructions

Medication/supplements preparation

- Wait at least FOUR WEEKS after oral or IV antibiotics.
- Wait at least TWO WEEKS after a colonoscopy, or colonoscopy prep, barium study, colonic therapy, an enema or unusual diarrhoea,
- ONE WEEK before the test, STOP any herbal antimicrobials, probiotics, and osmotic laxatives (ending in “-ol” or “-ose”, such as movicol, lactulose etc.)
- ON THE DAY OF THE TEST, withhold any non-essential medication until the test is finished.
- If you are uncertain if something will affect the test, AVOID it or consult your practitioner BEFORE starting the test

Dietary Preparation

The preparatory diet for breath testing requires a period of food restriction for a minimum 24 hours, followed by an overnight (water-only) fast.. The diet preparation is the same for each breath test, regardless of the sugar being tested (e.g., glucose, lactulose, lactose or fructose). If you have special dietary restrictions that prevent you from consuming foods from this list, please contact us.

Follow the diet below for **the whole day** before the test, and **eat nothing** for at least 12 hours before your testing starts. **You can drink water** as normal during the diet period and sips of water during the fasting period.

This is a ONE-DAY RESTRICTED DIET

You can only consume it if it's on this list!

- ❖ Plain water, coffee, and tea (weak with no sugar/sweetener or cream/milk added)
- ❖ Chicken, turkey, fish, lean beef, or lamb. Avoid fatty cuts and avoid pork (including ham & bacon). Meat can be baked or broiled, or gently fried in a small amount of oil.
- ❖ Eggs – cooked any way, without milk of any kind.
- ❖ Salt and pepper – no other seasonings are permitted
- ❖ Plain steamed short or long-grain white rice or jasmine rice. **Cook rice fresh** for each meal – reheated rice becomes a resistant starch and can interfere with your test results.
- ❖ White rice noodles
- ❖ Plain rice crackers, such as *Orgran* Free Rice Crispbread
- ❖ Clear chicken, beef, or vegetable broth (not the vegetables)
- ❖ White spelt or wheat bread only – must be dairy-free.
 - Do not consume if you are gluten-intolerant.
 - Note: most white bread has milk or milk powder. Please **avoid** these. Check labels. Choose dairy-free sourdough, French sticks or crusty loaves.
- ❖ Small amounts of hard cheese such as parmesan or pecorino for flavouring only.
- ❖ Small amounts of butter, ghee or oil.
- ❖ **Nothing else is allowed.**

MEAL IDEAS

Breakfast:

1. Eggs: Boiled, scrambled (no milk – water is ok) or fried in butter or oil (salt and pepper okay
 - Poached with Hollandaise sauce (homemade with egg yolk and butter only), with salmon.
 - Omelette made with water and with a little canned salmon (spring water – drained)
2. French toast – white bread or white rice bread soaked in beaten eggs and fried in butter or oil.
3. Plain waffles or pancakes made with white flour, egg, water, baking powder & butter. (NO MILK)
4. Homemade all-meat patty made with mincemeat, egg and white-breadcrumbs, salt & pepper. Fried in butter or oil.
Coffee, weak, black. OR blended with 1 Tbsp butter, ghee or coconut oil in a high-speed blender.

Lunch Ideas:

1. Piece of chicken (breast, thigh, etc). Roasted, broiled, or sautéed in oil with salt and pepper.
2. Piece of white fish, dipped in white flour, a beaten egg, and white breadcrumbs. Gently fried. #1 or 2 served with plain white rice with butter, coconut oil or ghee.
3. Cup of meat broth (made with just meat and water – no bones or cartilage)

Dinner Options:

1. Steak fried in oil with salt and pepper.
2. Sautéed shrimp or baked salmon with butter or oil
3. Homemade all-meat patty made with mincemeat, egg and white-breadcrumbs, salt & pepper. Fried in butter or oil.
4. White rice (if you are already eating grains) with butter, coconut oil or ghee

Snacks: Meat broth (as above)

1. Hard-boiled egg topped with olive oil and salt and pepper.
2. Canned sardines or salmon or tuna (canned in spring water or olive oil, drained)
3. Plain white crackers – made without lactose or milk products.
4. Slice of white bread or white rice bread with butter

FRUITS, VEGETABLES, NUTS, SEEDS, or FOODS NOT ON THE LIST ABOVE ARE NOT ALLOWED

On the Day of the Test.

- Unless essential, **withhold medication / supplements** until after testing is completed.
- If you are on **insulin**, check with your prescriber for instructions on any dose adjustment since you cannot eat or drink anything past midnight prior to the test. Please check your blood sugar on the morning of the test.
- You must be **up for at least one hour** prior to commencing breath testing.
- Please **brush your teeth** when you wake up. Spit out the toothpaste. You may have a glass of water then, but after this, please avoid large quantities of water until after the test.
- **No smoking or vaping** the morning of the test, and until the test is completed.
- **No vigorous exercise** the morning of the test, and until the test is completed.
- Please go for a **gentle walk** for 20-30 minutes before starting the test - this helps disperse residual gas in your bowel.
- Strictly **no food** the day of the test until the test is completed.