

Auckland Gut Clinic

Hydrogen-Methane Breath Test preparation

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 runny 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 after the test is finished.
- If you are prone to constipation, please follow the low FODMAP or the low-residue diet for TWO days.
- If you are uncertain if something will affect the test, AVOID it or consult your practitioner **BEFORE** starting the test.

Diet for Hydrogen-Methane Breath Test

Following the Breath Test Prep Diet Guideline is VERY important for accurate results. If you (the patient) are not able to comply with these instructions, you may not be a candidate for a breath testing. In this case your health care professional can assist you in determining if another test without these preparation limits is more suitable for you.

The breath test prep diet requires a period of food restriction for 24-48 hours, depending on which diet you choose.

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.

There are TWO diet options for preparing for Breath Testing: a ONE-day low-residue diet, or a TWO-day low-FODMAP diet as outlined below.

Low-Residue Diet (ONE DAY)

Before you start the breath test, a minimum 24-hour preparation is required if following this one-day diet.

For example, if you booked a test at 9am, you will:

- Start the low-residue diet at 9am the day before
- Have nothing to eat after 9pm the night before

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- Get up by 8am at latest (you need to be up for one hour before starting the test)
- Brush your teeth at least an hour before the test
- No food, vaping or smoking in this hour, nor at any time until the test is finished.
- No vigorous exercise
- We recommend going for a gentle walk during this hour.

This ONE-DAY consists of a 12-hour restricted diet followed by a 12-hour fasting period. The first 12 hours is the restricted diet. Limit your food to those listed below.

Food Restrictions for the Low-Residue Prep Diet

During the breath test diet preparation period you may consume ONLY:

- 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
- Salt and pepper – no other seasonings are permitted
- Plain steamed white rice (not Basmati rice. Short or long-grain white rice or jasmine rice is best). Please 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 *Orgnan* Gluten Free Rice Crispbread
- Eggs – cooked any way, without milk of any kind.
- White wheat or SPELT (preferred) sourdough bread if tolerated.
- White rice bread – ensure it has no added starches or dairy products). All bread must be dairy free. A quality crusty sourdough is a fairly safe option.
- Small amounts of hard cheese such as parmesan or pecorino for flavouring only.
- Small amounts of butter, ghee or oil.
- Weak black tea or coffee, or water. No sugar (stevia is OK)

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

DO NOT eat any of the allowed foods if you react to them or exclude them for other reasons.

If you are vegetarian or vegan, you can:

- have TOFU for protein, or
- follow low FODMAP diet for two days.

For 12 hours before your test, DO NOT eat anything. You may drink plain water only.

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Low-FODMAP Diet (TWO DAY)

Before you start the breath test, a minimum 48-hour preparation is required if following this two-day diet.

Follow this diet guide ([CLICK TO DOWNLOAD PDF](#)).

Please only consume food and drinks from the list: if it's not here, it is not allowed (see the second page for more detail).

Do not eat anything you know you cannot tolerate.

If you are scheduled for a test at 9am on Monday, you will:

- Start the low-FODMAP diet at 9am on Saturday (48 hours before the test)
- Have nothing to eat after 9pm the night before (Sunday)
- Get up by 8am at latest (you need to be up for one hour before starting the test)
- Brush your teeth as soon as you get up (at least an hour before the test). Rinse with water.
- No food, vaping or smoking in this hour, nor at any time until the test is finished.
- No vigorous exercise
- We recommend going for a gentle walk during this hour.

For 12 hours before your test, DO NOT eat anything. You may drink plain water only.

If you have any questions, please contact us 09 846 5566 or reception@houseofhealth.co.nz