

# Middlesex/Monmouth Gastroenterology

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Please follow the directions for the specific BREATH TEST you are scheduled to have performed in our office. Please note there are 2 separate tests described below.

## **PLEASE FOLLOW THE CORRECT PREPARATION FOR THE SPECIFIC TEST YOU ARE HAVING**

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### **LACTOSE BREATH TEST PREPARATION**

- Please be aware that you will need to be at our office **FOR AT LEAST 3 HOURS** – You may want to bring something to read.
- **NOTHING TO EAT OR DRINK EXCEPT WATER FOR 12 HOURS BEFORE** the test, (You may drink water.) – Anything other than water will interfere with the results!
- You must be **OFF ANTIBIOTICS AT LEAST 2 WEEKS** before the test.
- **NO SMOKING FOR AN HOUR** before the test, or during the test.
- **DO NOT EAT ANY HIGH FIBER OR SLOWLY DIGESTING FOODS** the day before the test, such as bran, coarse breads, nuts, beans, corn, etc...
- **DO NOT SLEEP OR EXERCISE VIGOROUSLY FOR AT LEAST 1 HOUR BEFORE** the test or any time during the test.

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### **H. PYLORI BREATH TEST PREPARATION – (PYTEST)**

- **COMPLETELY FAST FOR 6 HOURS** before the test. **NOTHING TO EAT OR DRINK.**
- **4 WEEKS BEFORE THE TEST, YOU MUST BE OFF ALL:**  
ANTIBIOTICS  
ANY BISMUTH MEDICATIONS, such as Pepto-Bismol
- **2 WEEKS BEFORE THE TEST, YOU MUST BE OFF ALL PROTON PUMP INHIBITORS (PPI) WHICH INCLUDE:**  
PRILOSEC  
PREVACID  
ACIPHEX  
NEXIUM  
CARAFATE

**YOU MAY TAKE: TAGAMET, ZANTAC, AXID, PEPCID, PEPCID COMPLETE, ROLAIDS, TUMS, OR MYLANTA.**

