

# Digestive Health Center Of the Four States

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## Bacterial Overgrowth Breath Test

Patient Name:

Test Date :

**at 8:00 am**

### Preparation for the Test

- 4 weeks before the test you should not take any antibiotics.
- 2 weeks before the test
  - do not undergo any test that requires cleansing of the bowel such as a colonoscopy or barium enema
  - Do not take probiotics such as Align, Activia, or Culturelle
- 1 week before the test
  - Do not take any laxatives or stool softeners
  - Do not take any stool bulking agents
- 1 day before the test
  - You may only consume the following foods and drinks
    - Plain white bread
    - Plain steamed white rice
    - Plain white potatoes
    - Baked or broiled chicken, turkey, or fish
    - Non-flavored black coffee or tea
    - Only salt may be used to flavor your food.

**(FALSE TEST RESULTS COULD RESULT IF YOU DO NOT FOLLOW THE SPECIAL DIET THE DAY BEFORE YOUR TEST)**

### Foods and food groups to avoid the day prior to your test

- Butter or margarine
- Soda pop / cola drinks
- All Dairy
- Egg Products
- High Fiber foods such as
  - Pasta
  - Bran

- Fiber cereals
- Coarse breads
- Nuts
- Beans
- Corn
- Salads
- Raw vegetables
- Seeds

DO NOT smoke the day before or the day of your test. Smoking and second hand smoke will affect the results of the test.

DO NOT take Imodium or Lomital.

- 12 hours before the test
  - Do not eat or drink anything except water.
  - You may take your usual medications with water.
- Day of your test
  - Do not eat or drink anything except water the morning before your test.
  - Brush your teeth 2 hours prior to your test time.
- During your test
  - You may not eat, drink, chew gum or tobacco, or smoke cigarettes
  - You may not sleep
  - You may have small sips of water prior to and during your test