

# PATIENTS INFORMATION

## for Hydrogen Breath Tests (HBT)

### GENERAL INFORMATION:

The breath test lasts up to 3 hours. There should be an interval of approx. 1 week between different breath tests to avoid falsification of the test results!

If you experience any symptoms during the examination, such as nausea, abdominal pain, flatulence or diarrhoea, please inform the assistant who is testing you.

### PLEASE OBSERVE THE FOLLOWING INSTRUCTIONS FOR PREPARATION!

#### The day before the examination:

- no bloating foods
- no wholemeal products, no muesli
- no pulses, no cabbage
- no nuts
- no fruits, no compotes, jams and dried fruit
- no alcohol, no carbonated drinks, no fruit and vegetable juices
- no dairy products (also no lactose-free dairy products)
- no salads with dressings ready to eat
- no sweets (no cakes, biscuits, ice cream, ...)
- no canned fish or canned seafood
- no veal, beef, pork
- no sausage, no bacon
- no venison
- no carbohydrates (no pasta, potatoes, no brown rice, no bread)
- no sugar

#### Our recommendation:

- unsweetened herbal tea, non-sparkling water, unsweetened black coffee
- steamed chicken, turkey or fish, fried in oil or in the oven
- green salad without vinegar or balsamic
- zucchini
- avocado
- eggs
- chicken or beef broth
- jasmine or basmati rice (just a small serving)

**14 hours before the examination:**

**start fasting**

**12 hours before the examination:**

**drink no liquids other than water,**

**do not consume nicotine or chewing gum**

#### On the day of the investigation:

- do not use toothpaste when brushing your teeth
- no denture adhesives
- come to the lab fasting
- no increased physical activity
- no food or fluid intake during the test period
- absolute smoking ban

#### Further applies:

- laxative, gastric protection, pro- or prebiotics (omniflora, omnibiotics, etc.): stop **1 week** before examination
- common colds: should be gone about **1 week** ago
- antibiotic therapy, colonoscopy or X-ray intestinal examinations: should have been performed at least **4 weeks** ago
- intestinal infections: should be gone **4 weeks** ago

**The examinations are not covered by health insurance.  
Our staff will be happy to inform you about the costs for the test beforehand.**