



# BREATH TEST PREPARATION

To ensure the accuracy of your breath test, we kindly ask you to prepare well for the test. If you experience any discomfort during the test, such as nausea, stomach pain, bloating, or diarrhea, please inform the staff. Please note that the test is not covered by health insurance.

	NOT ALLOWED 	ALLOWED 
<b>4 WEEKS BEFORE THE TEST</b>  Date .....	<ul style="list-style-type: none"> <li>No antibiotic therapy, colonoscopy, or X-ray examinations of the intestines</li> <li>No intestinal infections*</li> </ul>	<ul style="list-style-type: none"> <li>Eat and drink as usual</li> </ul>
<b>2 WEEKS BEFORE THE TEST</b>  Date .....	<ul style="list-style-type: none"> <li>No laxatives, probiotics, or prebiotics (e.g., Omniflora, Omnibiotica, etc.)</li> <li>No cold illnesses*</li> </ul>	
<b>THE DAY BEFORE THE TEST</b>  Date .....	<ul style="list-style-type: none"> <li>No alcohol, no carbonated drinks, no fruit or vegetable juices</li> <li>No red meat (game, veal, beef, and pork, etc.), no fish or seafood canned products</li> <li>No carbohydrates: pasta, rice, potatoes, bread, rolls, muesli, whole grain products</li> <li>No dairy products and no lactose-free products</li> <li>No fruit (compotes, jams, fruit juices, dried fruits, etc.), no nuts</li> <li>No gas-producing foods: raw vegetables, legumes, cabbage</li> <li>No sugar: sweets (cakes, cookies, ice cream, chewing gum, etc.), honey, sugar substitutes</li> <li>No convenience products that contain lactose (salad dressings, soups, mashed potatoes, sausages, etc.)</li> <li>No sports, sauna, steam baths, or physically strenuous activities</li> <li>No medications that affect bowel activity (e.g., Paspertin, Imodium, etc.)</li> </ul>	<ul style="list-style-type: none"> <li>Unsweetened herbal tea, non-carbonated water, unsweetened black coffee</li> <li>Chicken, turkey, tofu, or fish (steamed, fried in oil, or baked), clear chicken or beef broth</li> <li>Eggs</li> <li>Green salad with avocado and oil</li> <li>Steamed and sautéed zucchini</li> </ul>
<b>14 HOURS BEFORE THE TEST</b>  Date ..... Time .....	<ul style="list-style-type: none"> <li>Do not eat or drink (except water)</li> <li>No smoking or nicotine</li> <li>No sports, sauna, steam baths, or physically strenuous activities</li> <li>No medications that affect bowel activity (e.g., Paspertin, Imodium, etc.)</li> </ul>	<ul style="list-style-type: none"> <li>Non-carbonated water</li> </ul>
<b>ON THE DAY OF THE TEST</b>  Date ..... Time .....	<ul style="list-style-type: none"> <li>Do not eat or drink (except water)</li> <li>No smoking or nicotine</li> <li>No toothpaste or denture adhesive</li> <li>No increased physical activity</li> <li>No medications</li> <li>No sports, sauna, steam baths, or physically strenuous activities</li> </ul>	<ul style="list-style-type: none"> <li>Non-carbonated water</li> </ul>

\*For these illnesses, we kindly ask you to reschedule your appointment.