

# Breath Hydrogen Testing – INFORMATION SHEET

Patient name:

Appointment date and time:

**Location: Pathology Collection, Ground Floor, Specialist Clinic A6, Royal Children’s Hospital**

The test involves drinking a sugar solution and then blowing into a meter (like a breathalyser). The presence or absence of hydrogen in the breath indicates if the sugar is absorbed normally. We test your breath every 30 minutes. **No blood testing is involved.** The test usually takes 2 hours and 30 minutes but sometimes the test may include administration of another sugar. If this other sugar has to be given the overall testing time can be up to 6 hours. **You will need to be prepared for the possibility of a six hour test.**

▪ Only one test sugar can be tested at a time. If your doctor requires 2 sugars to be tested (eg. Fructose and lactose), you need to make a second appointment for another day. **Two sugars cannot be tested on the same day.**

## Preparation

- **Diet the day before the test as stated on the diet sheet. You can only eat from this list of foods. If the food is not on the diet sheet it cannot be eaten.**
- You must fast from 10pm the night before the test. Children under 12 months of age will be asked to fast for a shorter period of time
- You must not eat or drink on the morning of the test (small amount of water is permitted). Chewing gum is not allowed. Unless absolutely necessary, avoid taking any vitamins, minerals, on the day of the diet and on the day of the test. Check with your doctor before discontinuing any prescribed medication.
- On the morning of the test, brush your teeth thoroughly but don't swallow any toothpaste

## Medications

You need to tell us if you have taken any antibiotics in the past two weeks. Antibiotics can interfere with the reliability of the test.

## Day of the Test

- You will be asked your child's weight or your child may be weighed in order to administer correct volume of the sugar solution.
- Your child will be asked to drink a sugar solution between 100 -250ml volume. It must be consumed within 5 -10 minutes or the test results may be compromised. It may help to bring a favourite cup to aide compliance. Your child must remain fasting during the first 2.5 hours of testing. Water is allowed.

## Request Forms or Referral Letter

Please bring request form or referral letter written by your doctor as testing cannot commence without it

## Results for the Test

The results of the test will be sent to your doctor within 48 hours.

## Further Information

If you have any questions about this test, please call the Pathology Collection Department on 9345 9736, Monday through Friday, 8:30 a.m. to 4.00 p.m and leave message or email [pathology.collections@rch.org.au](mailto:pathology.collections@rch.org.au)

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Reference Document BI-M-008

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## Diet Prior to Breath Hydrogen Testing (BHT)

### ON the day before the BHT

You can choose from this list of suggested foods.

### If it is not on the list, you cannot have it.

Drinks: Water (unflavoured, uncarbonated), lactose free cow's milk – (e.g. Zymil), rice milk.

#### **NO JUICE**

Breakfast cereals: cornflakes (corn only – plain), Rice Bubbles

Cereals:

Flavourings/Seasonings: Salt, Pepper only

Spreads:

Margarine – Nuttalex, Vegemite

Meats:

**(NO ARTIFICIAL COLOURINGS OR FLAVOURINGS – includes crumbed or processed meats)** – beef, lamb, pork, fish or seafood chicken, turkey, – cooked in a small amount of any oil.

Egg: Poached or boiled.

Bread: Gluten Free Bread, Corn Thins, Rice Cakes

Vegetables: Avocado, bean sprouts, broccoli, carrot, **red** capsicum, cucumber, iceberg lettuce, potato, sweet potato, tomato, baby spinach, turnip, squash, zucchini, pumpkin, rice (small amount only). **NO ONION**

Fruit: Blueberry, cantaloupe, grapefruit, kiwi fruit, lemon, mandarin, orange, kiwifruit, strawberry, bananas. No more than a handful of any combination of these fruits. **NO CANNED FRUIT**

Canned or packaged foods or meals including take-away, will have spices, sauces, onion flavouring, artificial sweeteners, soy products etc which **YOU CANNOT HAVE**.

Antibiotics must **not** be taken 2 weeks prior to your test. **Probiotic supplements** containing *Lactobacillus*, *Bifidus* or *Acidophilus* bacteria (such as Inner Health Plus or IBS Support) are **not permitted** 2 weeks prior to testing.

You may be excluded from testing if you are diabetic or have a family history of hereditary fructose intolerance. Please let us know if you have any medical condition that may exclude you from the above test preparation.

- **Non-compliance with any of the above criteria may result in cancellation of the test.**

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