

Bharat Sanghavi, MD

Moushumi Sanghavi, MD

HYDROGEN BREATH TEST INSTRUCTIONS

PROCEDURE PREPARATION INSTRUCTIONS:

1. Do not eat or drink anything for 10 hours before the test
2. Hydrogen breath test - There is no additional prep
3. SIBO breath test - No antibiotics for 4 weeks prior to the test. Please bring the lactulose syrup with you on the day of the exam (do not take it at home)
4. Lactose breath test - Drink 12 oz of cow's milk (can be whole/2%/1%/skim, but not lactose free) two hours prior to the test
5. Fructose breath test - Drink 12 oz of Coke two hours prior to the test

Please call 212-777-6017 with any questions or concerns.