

**Patient Information – Hydrogen Breath Test (HBT)**

In **preparation** for your examination:

- Do not take any antibiotics or undergo any radiographic and colonoscopy or gastroscopy tests starting **4 weeks** before the examination
- Any intestinal infections must date back to at least **4 weeks** before the examination
- Any colds/flu must date back to at least **1 week** before the examination
- Stop the use of any laxatives starting **3 days** before the examination
- Do not eat any meals starting **14 hours** before the examination
- Do not drink anything except water starting **12 hours** before the examination
- Do not smoke/consume any nicotine or chew any gum starting **12 hours** before the examination

On the **day before** your examination please avoid:

- Any foods that may cause bloating, no potato, no rusk
- Wholemeal products and muesli
- Legumes (including peas, beans, lentils etc.)
- Salads and cabbage
- Nuts
- Fruits, jams and marmalade, dried fruits
- Alcohol, fruit and vegetable juices, carbonated drinks
- Milk products, eggs
  
- ***Our recommendations: steamed chicken/turkey/fish, unsweetened herbal tea, noncarbonated water, cooked white rice (no brown rice), unsweetened black coffee***

On the **day of** your examination:

- Do not use any toothpaste when brushing your teeth
- Do not use any dental adhesive products
- Do not smoke
- Do not engage in increased physical activity
- Do not eat or drink during the examination
- **Arrive sober for the examination**

The examination lasts for three hours.

Please inform the assistant of any discomfort during the examination, including: nausea, stomach pains, flatulence and diarrhoea.

**Please call us at (01)8906701-31 to register for the HBT test. We are available between 11:00 and 14:00.**

**The price of this test is € 40,00.**