



Patient information sheet

Breath test preparation

Dear patient

You are scheduled for a breath test.

In order to guarantee a correct and conclusive examination, please note the following:

- Please arrive sober, i.e. do not eat, drink, smoke or chew gum twelve hours before your examination.
- Please do not eat any food that is hard to digest, fruit, or vegetables 24 hours prior to the examination (e.g. onions, cabbage, beans, fibres, Reformhaus products, laxatives, lactulose)
- Please drink only water, coffee, or tea the day before (no juices, sodas, beer, wine, ect.)
- On the evening before your examination, only have a light dinner (no warm food!), for example a slice of bread with ham or cheese (no jam or marmalade).
- Please do not take any laxatives three days prior to taking the breath test.
- Please do not take any antibiotics two weeks prior to your examination.
- Please brush your teeth very thoroughly on the day of your examination before you visit our practice.

The test takes about 4 hours. You may not leave the practice during this time.

Kind regards,

Your practice team