



ADVANCED DIGESTIVE CARE

Stafford S. Goldstein, M.D., F.A.C.P.
Martin G. Prosky, M.D., F.A.C.P.
Krishna Vemana, M.D.
Katie Zimmerman, C.R.N.P.

NORTHERN VIRGINIA GASTROINTESTINAL ASSOCIATES

BREATH TEST INSTRUCTIONS

4 WEEKS before your test:

- NO Oral and IV Antibiotics.

2 Weeks before your test:

- NO Colonoscopy or Barium procedures.

On the Morning of your test:

- NO Smoking and Continue to Fast. You may brush your teeth.
- Continue to take your normal medication with a small sip of water. Do not drink more than 1 ounce of water.
- Refrain from physical exercise for 1 hour before your test.

1. Your breath test is scheduled for 2 hours. On the day of the breath test the medical assistant will first check that you have observed the patient preparations, such as proper fasting (no eating) from 9:00p.m. the night before, may have water up until midnight the night before, and avoiding certain medications (including antibiotics, Kristolase, Lactulose, and Miralax) and medical procedures prior to the test. This is to ensure accurate and reliable results.
2. A baseline reading will be taken using a highly sensitive, hand-held breathalyzer (for breath hydrogen). Following the baseline reading you will be given 8oz. of a liquid sugar drink, such as lactulose, fructose, or lactose. Breath samples will then be collected regularly for a period of 2 hours, and the levels recorded by the medical assistant on your result sheet.
3. You may wish to bring reading material, laptop, iPad etc. to occupy your time as you wait in the lobby during your test. You may resume your normal diet immediately after your test. ****Note:** You may experience certain gastrointestinal symptoms as a result of your test, such as bloating, flatulence, or in less common cases, bowel movements. Side effects are not expected.

****If you are diabetic, please make sure you have discussed this with your doctor or physician assistant before your test.**

Appointment date/time: _____

All tests are performed at 3301 Woodburn Rd, Ste 107
Annandale, VA 22003