

## H<sub>2</sub> exhalation test

Hydrogen exhalation tests help diagnose various diseases based on changes in the amount of hydrogen in the air, such as lactose intolerance, fructose sensitivity, and SIBO, that is small intestinal bacterial overgrowth.

The test begins after a control blow with the consumption of lactose / fructose / lactulose test liquid and lasts for 180 minutes, blowing every 30 minutes into a mouthpiece connected to a measuring instrument to measure the hydrogen level. The test is painless. Decomposition of the consumed test fluid produces hydrogen gas, which is absorbed into the bloodstream and exhaled through the lungs.

**The hydrogen exhalation test requires preparation. In order to be able to properly evaluate the results obtained during the measurement, please observe the following specifications exactly, otherwise the test may give a false abnormal result!**

Only one test can be done in one day. A minimum of 1 week is required between two tests! The test should not be performed in fever, diarrhoea and catarrhal disease!

**For 4 weeks prior to the test:** do not take antibiotics, probiotics

**For 1 week prior to the test:** do not take laxatives and gastric emptying stimulants  
antacids and digestive drugs

### **The day before the test (from the morning)**

Do not eat vegetables, fruits, legumes (neither cooked nor raw)  
Do not eat foods made with fat, oil or oily seeds  
Do not eat food in which vegetables are cooked (e.g. soup)  
Do not consume milk, dairy products or foods containing lactose  
Do not drink carbonated drinks, juices and alcoholic beverages  
Do not smoke!

### **What you can consume:**

Cooked, raw, fried or steamed: potatoes, rice, ham, poultry, fish, eggs, pasta  
Only lactose-free cold cuts, sausages, margarine, butter  
White flour products, bread, croissant, buns  
Drink only non-carbonated water!

### **Do NOT eat anything after 7 p.m., do NOT drink anything after 9 p.m.**

Brush your teeth especially thoroughly the day before the test, before going to bed!

**On the day of the test:** The test is performed on an empty stomach and lasts for 3 hours.

**DO NO use** toothpaste, mouthwash, ladies lip gloss, lipstick. Do not eat candy or chewing gum! Do not take morning medications! Do not smoke!  
Do not eat any food! Do not drink any liquids!

**It is important to brush your teeth thoroughly in the morning with a clean, toothpaste-free toothbrush!**

**First after getting up and then before going for the test.**

**Use only a little water to brush your teeth. DO NOT swallow the brushing water!**

Thank you in advance for your cooperation!

