

CUMBERLAND GASTROENTEROLOGY

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BREATH TEST INSTRUCTION SHEET

IF YOU ARE ALLERGIC TO ASPARTANE – YOU CANNOT TAKE THIS TEST!

The Breath test is performed by collecting a breath sample before and after you drink a special solution. These breath samples are then analyzed for carbon dioxide, a natural substance exhaled in your breath.

BEFORE THE TEST

- Do NOT take any antibiotics 14 days prior to the test
- Do NOT take any proton pump inhibitor such as Nexium, Prevacid, Aciphex, Prilosec, Protonix, Dexilant or any Pepto-Bismol for 14 days before the test
- Do NOT eat, chew gum or smoke for 1 hour before the test
- Do NOT drink anything except plain water for 1 hour before the test

If any of these have occurred, the test will be rescheduled.

You may take over the counter medication such as Tums, Zantac or Tagamet for symptoms.