

**DIET AND PREPARATION FOR BREATH TESTING**

The **WHOLE** day before the test, do not eat high fiber or slowly-digesting foods.

<u>Foods to Avoid</u>	<u>**Foods Allowed **</u>
Grains Cereals Coarse breads Nuts Soy (tofu) <b><u>ALL</u></b> Vegetables Fruits (except for apples and pears if peeled) Cheeses Red meat Pork Starches (except for white rice and white bread)	Breads made from white flour <b><u>ONLY</u></b> (includes but not limited to English muffins, bagels, buns etc.) White rice Apples and pears ( <b><u>peeled</u></b> ) Chicken and Turkey Seafood (including tuna) Milk and yogurt Eggs <b><u>ALL</u></b> beverages Small amounts of butter, margarine, mayo, jam, jelly, mustard, ketchup All seasonings Soy Sauce Fruit juices with <b><u>NO</u></b> pulp
Preparation of the food doesn't matter. Just no breading of any kind.	

**Do not eat or drink anything (except water) 12 hours before the test. Also, do not eat or drink anything (except water) during the test. (Don't chew gum or eat mints during this time)**

**Do not smoke for at least ¾ hour before the test or at any time during the test.**

**On the morning of the test, brush teeth as normal. Must be awake, but not exercising vigorously for at least ½ hour before and during the test.**

**Note: If you are currently taking antibiotics or have taken them recently, wait **10 days from last dose of antibiotics before performing a breath test**. If you are currently taking laxatives, antacids or fiber supplements, please do not take them on the day prior to the test or at any time during the test. Otherwise, medications can be taken as normal with water (both night meds and morning meds).**

**\*\* Also, if you are given more than one test, you may complete only one test per day. Follow the same diet as described above for all breath tests given.**

**If you have any questions, call 465-8888 extension 4600.  
Office hours: Monday- Thursday: 8:00-4:30  
Friday: 8:00-12:00**