

**BREATH TESTING IS DONE AT DIGESTIVE HEALTHCARE CENTER**

**\*\*\* 411 COURTYARD DRIVE - BDG 400 - HILLSBOROUGH, NJ 908-218-9222 \*\*\***

**\*\* PLAN TO BE IN THE OFFICE FOR 2-3 HOURS\*\***

You can drive yourself and resume normal school/work after test

Due to limited seating we ask that you come alone

**Appointment Date: \_\_\_\_\_ Arrive at: \_\_\_\_\_ a.m.**

**Door opens at 8am**

**\_\_\_ Bacterial Overgrowth (2 hours) \_\_\_ Lactose Intolerance (3 hours) \_\_\_ Sucrose (2 hours) \_\_\_ Fructose (3 hours)**

**TEST PREPARATION THE ENTIRE DAY BEFORE**



Olive oil, Salt & Pepper  
(Minimal seasoning)



Plain White  
Bread



Baked or  
Broiled Seafood



Baked or Broiled  
Chicken & Turkey  
(No deli meat)



Steamed White Rice



Plain Tofu



Baked or Broiled  
Lean beef/Lean pork  
(No deli meat)



Boiled or Mashed  
Potato (no skin)  
Carrots & Turnips



Plain water, Plain coffee  
Plain black/green tea  
(No herbal teas)



Eggs

**Only consume foods on this permitted list.  
No substitutions allowed**

**NOTHING BY MOUTH EXCEPT WATER THE EVENING BEFORE**

**On \_\_\_\_\_ starting at: \_\_\_\_\_ p.m.**

**IMPORTANT REMINDERS**

- **NO** gum, candy, mints, tobacco, marijuana, vaping or cigarettes **before or during your test**
- **Avoid** scented/flavored lip products before test
- **DO NOT** exercise or sleep **1 hour before or during your test**
- Stop Antibiotics: 2 weeks before the breath test - Stop Probiotics: 3-5 days before the breath test
- Stop Laxatives: 2-3 days before testing - Stop Fiber supplements: 2-3 days before testing
- Stop Digestive enzymes: 1-2 days before testing - Stop Antimicrobial herbs: 1 week before testing
- Continue taking prescribed medications per prescribing doctor
- Other daily medications and supplements: discuss with prescribing doctor
- **DIABETICS: Monitor your blood sugar prior to taking your medication (s)**

Updated 8/18/26 AM