

Patient information H2 breathe test

Dear Patient,

Because of your symptoms, you should have an H2 breath test (lactose / fructose / glucose) carried out.

Test principle:

The test is based on measuring the concentration of hydrogen (H₂) in the breath before and during exposure to the substance to be tested (fructose, lactose, glucose).

Carbohydrates (e.g. lactose or fructose) are normally completely broken down in the small intestine and absorbed into the blood. If this does not happen and if these reach the large intestine undigested, the bacterial breakdown produces hydrogen (H₂). Part of this hydrogen reaches the lungs via the blood and is exhaled. The H₂ concentration can thus be measured in the breathing air.

In order to achieve a correct result, it is imperative that you observe the following when preparing for this examination:

Measures to be followed:

4 weeks before the examination

- do not take antibiotics
- do not perform a colonoscopy or colonic irrigation
- no administration of oral contrast media (X-ray intestinal examination)

1 week before the examination

- No food supplements (vitamins, probiotics, etc.)
- The following medications can also influence the test result and should therefore be discontinued, if possible: proton pump inhibitors, prokinetics, antacids and medication for diarrhea.

1 day before the examination

- In order to achieve a meaningful test result, a light diet should be maintained the day before the examination in order to avoid severe gas and indigestion. Food containing lactose (dairy and dairy products), foods containing fructose (fruit and fruit juices) and foods and drinks that cause a lot of gas (legumes, cabbage and cabbage vegetables, onions, garlic, whole grain products, carbonated and alcoholic drinks) should not be eaten or drunk. See also the suggested menu on page 2
- 14 hours before the appointment (from 6 p.m. - e.g. for an appointment at 8 a.m.) do not eat or drink anything
- Drink only tap water or still mineral water
- Stop smoking
- No chewing gum or candy

On the day of the examination

- Drinking a glass (1 / 4l) of warm tap water is permitted
- It is recommended that you brush your teeth without toothpaste; no use of mouthwashes
- Do not use lipstick
- Prosthesis wearers must not use adhesive on the day of the examination
- Medicines can be taken with a little water (with the exception of vitamins, laxatives and antibiotics)
- Do not smoke

Test execution:

- After a fasting measurement, the corresponding test solution is administered, which must be quickly consumed.
- The examination takes at least 2-3 hours. TIP: Please bring reading material with you to bridge the gap.
- During this time, the exhaled air is measured at regular intervals.
- It is necessary to stay sober until the end of the test, not to exert physical strain and not to smoke.

Costs:

The H₂ breath test is not covered by the health insurances - ZIM 9 charges a tariff for this € 50 per H₂ test carried out.

Diet the day before the examination (suggestion):

Easily digestible food (based on light whole food)

- allowed foods:

- Meat / fish prepared naturally, ham
- White bread (without milk, preferably from the day before)
- white pasta, rice (no whole grain products or high-fiber alternatives), potatoes naturally prepared
- Easily digestible vegetables (e.g. carrots, zucchini, pumpkin, celery, parsnips; preferably in steamed form)
- scrambled eggs
- Use fats and oils sparingly for food preparation
- pure water (without carbon dioxide or additives)
- black tea

- prohibited foods:

- High-fiber foods (whole meal bread, wholegrain side dishes, muesli, etc.)
- fresh bread and pastries
- Fruit and fruit products (e.g. jam, compotes, fruit juices), honey
- Flatulent vegetables (e.g. cabbage, raw onions / garlic), leeks, legumes
- Salad
- conventional milk or milk products
- carbonated drinks
- Flour dishes or sweets
- Finished products (contain additives)

Daily example:

Breakfast: bread from the day before, ham

Lunch: clear soup with a filler (e.g. noodles), meat / fish naturally fried in olive oil with rice, noodles or potatoes (without added fat), steamed vegetables (e.g. carrots)

Dinner: clear soup with a filler (e.g. pasta), bread from the day before, rusks, ham, scrambled eggs, egg

Drinks: black tea, still mineral water, tap water

Please do not eat anything after 6 p.m. tap water is allowed.

Drinks: tap water, non-carbonated mineral water, herbal tea (no fruit tea), coffee without milk.