



Before the Test is Scheduled

FOUR WEEKS PRIOR TO TEST

- NO recent antibiotic therapy • NO colonoscopy • NO Fluoroscopy

ONE WEEK PRIOR TO TEST

- NO laxatives or stool softeners • NO Vitamins and medications that contain fructose flavoring or lactose fillers
 - NO fiber supplements, Imodium/Loperamide, or Pepto Bismol® • Avoid prebiotics & probiotics
- Patient should continue use of all other medications and review with physician for conflicts***

1 to 3* Full Days Before the Test

WARNING: Diabetics should consult with their physician prior to beginning any fasting diet

AVOID



Patients should **avoid** the following foods and beverages at a minimum of **1 Full Day** prior to the test.

Listed below are generic avoidance groups and are not limited to what is listed. If you and/or the patient are uncertain if something may affect the test, do not consume the food/beverage and/or consult with the patient's physician.

- **All Grain Products:** All breads including foods that contain whole grains, wheat, brans, pastas, (tortilla) wraps, and all cereals.
- **All Fruits & Fruit Juices,** including raw and dried fruits like raisins and berries.
- **Vegetables:** Vegetable juices, potatoes, alfalfa sprouts, beets, green/yellow beans, carrots, celery, cucumber, eggplant, lettuce, mushrooms, green/red peppers, squash, zucchini, onions, garlic, broccoli, cauliflower, brussel sprouts, cabbage, kale, Swiss chard, beans, lentils, **etc.**
- **Nuts, Seeds, Beans:** All nuts, seeds and beans, as well as foods that may contain seeds.
- **All Milk & Dairy Products (except Eggs):** Milk (including goats milk), cheese, ice cream, yogurt, butter, **etc.**
- **Foods & Beverages** containing high fructose corn syrup and sugar-free foods, ketchup, honey, mustard, mayo, etc.

Suggested Foods

Recommended Foods Patient to eat **1 Full Day** before the test and up to the time that they will be fasting (described in next section):

- Baked or broiled chicken or turkey with low amounts of salt and pepper ONLY.
- Baked or broiled fish with low amounts of salt and pepper ONLY.
- Plain steamed white rice (must be fully cooked).
- Eggs.
- Clear chicken or beef broth.
- Beverage: Water

*** Please Note: Because constipation is often associated with slow transit time, patients with constipation could take longer to digest complex carbohydrates, which could result in high baseline readings on the day of testing (even if they fast for the required 12 hours). Patients with constipation may require 2 or 3 full days on the diet listed above, and should avoid the foods and beverages listed in the "Avoid" column for that time period in order to ensure reliable test results.**

12 Hours Before the Test

- Patients will be **fasting** for a minimum of **12 hours** prior to the test. For example, this means that if the patient's test is scheduled for 8 am, they should not eat or drink anything after 8 pm the night before. **READ BELOW!**
- Patient **should not** eat candy or chew gum on the day of the test or during the **12 hour** fast.
- Patient **should not** smoke or be around second-hand smoke, for at least **12 hours** before or during the test.

Day of the Test

- Patient **should not** eat breakfast or drink anything (except small amounts of water if needed) before the test.
- Patient **should** brush their teeth and rinse mouth with **ONLY** an antiseptic mouthwash on the morning of the test but **should NOT** use denture adhesive.
- Patient **should not** sleep or engage in vigorous exercise for at least **1 hour** before or at any time during the test.
- Patient **should** bring a snack (non-refrigerated) for **after** the test – they could be lightheaded from being hungry.
- The test will take approximately one to three hours. Patient should make transportation arrangements accordingly.

If the patient has not met the conditions above by the day of the test, the test will need to be rescheduled.



All patients are different and patient medical history must be taken into consideration prior to and during any breath-testing procedure. These guidelines can be modified by the physician to accommodate patients with special needs. The avoidance of foods listed herein are not limited to only the foods outlined below, they help serve as an umbrella of foods to avoid. These guidelines are for informational use only. coVita makes no claims regarding the accuracy of the content or its use with any diagnosis.

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