

		Änder-Stand 03 27.09.2021	F-Lab-01a
	H₂-Atem-Test (Englisch)	Seite 1/1	

Facharzt für Gastroenterologie

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Preparation on H₂-Exhalation test

The day before (every Test):

Please change your nutrition from 14 o' clock to *light food*. Please prepare your food low-salt, low-fat and mild. You can eat rye- or crispbread with turkey breast for example. Take your last meal & drinks before 20 o' clock! **After this time you have to stay completely sober!**

Please avoid:

Strongly seared, fat, strongly flavoured, deep-fried food, cheese, milk and dairy products. Fat and smoked meat and fish sausages. As well dessertcreme and yoghurt (especially with pieces of fruits). All kind of bloat food and food that is difficult to digest: Fruits, Nuts, Almonds, raw food, fresh baked goods, pistachios and every kind of alcohol.

On the day of the test:

Please come absolutely sober to our doctor's office. Don't chew bubble gum, don't drink or eat anything, don't smoke and don't swallow water while brushing your teeth in the morning. Optimally don't brush your teeth.

Please note:

Antibiotics should be dropped at least 6 weeks before.