

PURPOSE

The purpose of hydrogen and methane breath tests (H₂/CH₄) is to detect intolerance to sugars such as lactose and fructose that are present in the usual diet, in fresh and packaged foods, or as excipients in medicines. These simple screening tests help determine whether sugar intolerance or bacterial overgrowth is the cause of gastric or intestinal symptoms such as heartburn, post-meal fullness, diarrhoea or flatulence.

DURATION

Approximately three to four hours.

PATIENT PREPARATION (Essential for the correct interpretation of results)

– 4 weeks before the test

Do not take antibiotics or laxatives.

Do not undergo a colonoscopy, bowel cleansing or contrast enema.

– 2 weeks before the test:

You may take probiotics.

Do not take prokinetic agents (cinitapride, domperidone, metoclopramide, etc.) or medicines that may slow intestinal transit (tirzepatide, semaglutide and other GLP-1 agonists), and do not undergo enteroscopy or gastroscopy.

48 hours before the test:

Do not undergo another breath test.

– 24 hours before the test:

DO NOT eat:

- Pulses, vegetables, fruit, potatoes, nuts, sweets, chewing gum, homemade or commercially produced cakes and confectionery, onions, cabbage, bread, cereals, pasta (except white rice), carbonated or alcoholic drinks, processed cured meats, milk or dairy products (yoghurt, cheese, etc.), or smoked fish.
- Foods that normally cause you gastric or intestinal discomfort (foods that are difficult to digest).

You MAY eat:

- Eggs (boiled, fried, etc.), meat of any kind, white or oily fish, rice, and serrano or Iberian ham.
- Plain tofu.
- Black coffee, without sugar or sweeteners.
- You may take probiotics.

None of the above foods may be served with ONION, GARLIC, TOMATO OR NUT SAUCE.

– **12 hours before:**

Fast; **you may only drink water.**

Do not undertake strenuous physical exercise.

– **On the day of the test:**

Do not undertake strenuous exercise during the 30 minutes before the test begins.

Take your usual medication, except any medicines contraindicated for the test (antibiotics and prokinetic agents).

Brush your teeth WITHOUT TOOTHPASTE and rinse with mouthwash to reduce oral bacteria.

Do not smoke, eat sweets, chew gum or undertake any form of exercise.

– **During the test:**

Do not smoke, eat sweets, chew gum or undertake any form of exercise.

If you develop acute gastroenteritis during the week before the test, contact Analiza to postpone your appointment.

If you have any further questions, please contact Analiza by email at atencionalpaciente@analizalab.com or by telephone on 902 67 64 57.

TURNAROUND TIME

- 15 working days (H₂+CH₄ test)