

**HILLCREST HOSPITAL  
SPECIAL GI TESTING LAB  
Specialty Diet and Preparations for Hydrogen Breath Testing  
Glucose, Lactose, Fructose, Lactulose, Sucrose  
6780 Mayfield Road, Mayfield Heights, Ohio 44124**

**IF YOU ARE A DIABETIC, PLEASE CONSULT WITH YOUR PHYSICIAN  
REGARDING TAKING  
YOUR DIABETIC MEDICATIONS AND/OR INSULIN THE DAY BEFORE YOUR  
SCHEDULED TEST**

**4 Weeks Before your Test:**

- ✓••**No** Antibiotics of any kind
- ✓••**No** Colonoscopy or testing that requires bowel cleansing or a bowel prep
- ✓••**No** Barium Studies with thick white barium (used for Barium swallow, Upper GI x-rays, barium enema, lower GI x-rays, MRI's or CAT Scans. Contrast is O.K.!

**72 Hours Before your Test:** Includes anything in any of the categories.

- ✓••**No** Enemas, laxatives, or suppositories – for example: Bisacodyl, Correctal, Dulcolax, Feen-a-Mint, Magnesium Citrate, Milk of Magnesia, Lactulose or Miralax etc.
- ✓••**No** Antiflatulents – for example: Beano, gas X, etc
- ✓••**No** Fiber supplements – for example: Metamucil, Citrucel, Fiber-Con, BeneFiber, Konsyl, etc
- ✓••**No** Medications for nausea – for example: Zofran (ondansetron hydrochloride), Compazine (prochlorperazine), Tigan (trimethobenzamide hydrochloride), Phenergan (promethazine hydrochloride) or Domperidone etc.
- ✓••**No** Medications for diarrhea – for example: Lomotil, Imodium, Kaopectate, Rifaximen (Xifaxan), Logen, Lonox, etc Also...Lotronex, Amitiza, Zelnorm, Domeperidone or Cholestyramine
- ✓••**No** Anti-Spasmotic GI Medications – for example: Bentyl, Levsin, Levbid, NuLev, Robinul, Reglan, Librax etc.
- ✓••**No** Probiotics – for example: Acidophilus, Align, Bifidus, Colon Health, Culturelle, Digestive Advantage etc.
- ✓••**No** Pepto Bismol or Pink Bismuth
- ✓••**No** Yogurt of any kind (in cups, frozen or smoothies)

**24 Hours before your Test:**

- ✓••**Do not** - take any **narcotic** pain medications: Lorcet, Lortab, Vicodin (hydrocodone), Codeine, Percocet
- ✓•• (oxycodone), Percodan (oxycodone), Demerol, Fentanyl
- ✓••**Do Not** - Chew Gum and **NO** Nicorette gum)
- ✓••**NO** - Cough drops, mints in which is NOT on the diet restrictions.
- ✓••**Do Not** - Chew Tobacco

**YOU MAY ONLY EAT THE FOLLOWING 24 HOURS BEFORE YOUR  
STUDY**

You may **ONLY** eat the foods listed below. If the item you want to eat is **NOT** on the list, **DO NOT** eat it! The accuracy of your study cannot be guaranteed, and your study will be Cancelled!

- ✓••**Plain, Sliced, White Bread- Italian-NO sesame seeds...**You may toast the bread. (NO fiber, whole grain, buns, bagels, dinner rolls, wraps, pitas, tortilla, etc.)
- ✓••**Eggs** (hard/soft boiled, poached, scrambled with water only, seasoned with salt & pepper only)
- ✓••**Grilled, Boiled or Broiled Chicken** (seasoned with salt and pepper only)
- ✓••**ONLY White Rice** (seasoned with salt & pepper only, NO butter or margarine)
- ✓••**Tuna fish** (can tuna is OK in water only), baked or broiled **white fish** seasoned with salt & pepper only
- ✓••**PLAIN Turkey or Chicken Deli Lunchmeat** (no Cajun, honey roasted, etc.)
- ✓••**Plain Water** (NO flavored)
- ✓••**Coffee, black or Green Tea** (NO Herbal, dairy, sugar, or artificial sweeteners, lemon)
- ✓••**Clear Chicken or Beef Broth**
- ✓••**Helmans mayonnaise (sparingly)**—NO Miracle Whip, salad dressing, etc.
- ✓••You may use a small amount of non-stick cooking spray i.e.: Pam
  - IF YOU ARE VEGETARIAN, YOU MAY CONSUME A SMALL AMOUNT OF TOFU

**12 Hours Before your Test:**

- ✓••**Do not** - have anything to eat or drink for at least 12 hours before your test.  
Only a small sip of water with medication is allowed.

**Day of the Test:**

- ✓••**Do Not** - Eat or Drink
- ✓••**Do Not** - Chew Gum
- ✓••**Do Not** - Chew Tobacco

✓••**ATTENTION: Critical medications such as heart, blood pressure, breathing or seizure medications CAN be taken with sips of water unless instructed to do otherwise by your physician**

- ✓••For your comfort, it is suggested that you bring a sweater or light jacket due to temperature variations within the hospital.
- ✓••The study takes 3 hours once the sugar is consumed.
- Please bring reading material or another activity to occupy your time. WI-FI use available.
- ✓••You CAN brush your teeth. NO swallowing and NO mouthwash.

**One Hour Before your Test:**

- ✓••**Do Not** - Smoke and try to avoid places where people smoke
- ✓••**Do not** - Sleep
- ✓••**Do not** - Vigorously exercise

**Upon Arrival for the Test:** A healthcare provider will explain the test and answer any questions you may have.

**After Your Test:**

- ✓••You may resume your normal activities and diet unless you have other testing requiring diet restrictions.