

Breath Hydrogen Test

Your doctor has requested a **Breath Hydrogen test**.

This test involves the collection and analysis of exhaled air.

This test is only performed at selected collection centres. Please phone your nearest **Western Diagnostic Pathology** collection centre to arrange an appointment.

On the Night Before the Test:

- You must not have any food or fluid other than water for a fasting period of 8 hours prior to the test and until the test is completed
- You may drink water during the fasting period
- Record details of food consumed that evening prior to fasting, i.e. time of and approximate size of meal
- Record any current and recent medication

On the Morning of the Test:

- Bring your list of medications and diet details with you
- Do not physically exert yourself prior to or during the test, including brisk walking to the clinic
- Avoid smoking for an hour prior to and during the test. If this is not possible please inform the clinic staff
- The test will take approximately 3.5 to 5 hours depending on the sugar requested by your doctor. You will be required to remain at the clinic during the entire procedure.

Find a collection centre

For a full listing of our collection centres and operating hours, or to find another centre close by, please scan the QR code with your smart phone.

