

# 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 QML 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.

