

Patient information

Preparing for a Breath Test Examination

Digestive Diseases Care Group

Please be advised some preparation is required for your appointment for a breath test examination; including a complete fasting period with no food, water or medication.

Please follow this preparation closely otherwise the test will not work and will have to be repeated again on a different day.

Menu for the day before your breath test

Breakfast

- Rice krispies

Or

- Eggs poached or boiled
- Toast white bread only.

Lunch

- Cheese omelette (no vegetables)

Or

- Eggs scrambled or poached
- Toast white bread only

Or

- White bread ham or cheese sandwich.

Evening meal

- Meat or Fish (no batter or breadcrumbs).
- Salad.

Desserts

- Yoghurt, Ice-cream, jelly.

Snacks

- Ice-cream, strained soups, bovril.

For 24 hours before	Please do not eat any slowly digested foods such as beans, pasta, bran and high fibre cereals. Any fibre supplements or laxatives must stop.
For 12 hours before	Fasting - No food, water or medication.
Half an hour before	No inhalers, smoking, sleeping or exercise.

If this preparation may be a problem or if you have diabetes please telephone the department on:

Tel: 0151 706 2725.

Text phone: 18001 0151 706 2725

We advise you bring any medication with you to take after the appointment if required.

If you are an inpatient staying in hospital please make sure the staff caring for you are aware of these preparations; **as this test is unusual because the 12 hour fasting period includes avoiding water and medication, which other tests do not require.**

Feedback

Your feedback is important to us and helps us influence care in the future.

Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

Further Information

Senior Administrator from 8.30am to 2.30pm.

Tel: 0151 706 2725

Text phone number: 18001 0151 706 2725

Specialist Nurse

Tel: 0151 706 3850

Text phone number: 18001 0151 706 3850

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All Trust approved information is available on request in alternative formats, including other languages, easy read, large print, audio, Braille, moon and electronically.

يمكن توفير جميع المعلومات المتعلقة بالمرضى الموافق عليهم من قبل ائتمان المستشفى عند الطلب بصيغ أخرى، بما في ذلك لغات أخرى وبطرق تسهل قراءتها وبالحروف الطباعية الكبيرة وبالصوت وبطريقة برايل للمكفوفين وبطريقة مون والإلكترونيا.

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در صورت تمایل می‌توانید کلیه اطلاعات تصویب شده توسط اتحادیه در رابطه با بیماران را به اشکال مختلف در دسترس داشته باشید، از جمله به زبانهای دیگر، به زبان ساده، چاپ درشت، صوت، خط مخصوص گوران، مون و بصورت روی خطی موجود است.

زانیاری پیوندیدار بهو نه‌خوشانه‌ی له‌لایین تراست‌هوه پ‌م‌س‌ند گ‌راون، نه‌گ‌م‌ر داوا ب‌ک‌ر‌ن‌ت له ف‌ز‌م‌ا‌ت‌م‌ک‌ا‌ن‌ی ت‌ر‌دا ب‌ر‌ی‌ت‌ی له ز‌م‌ا‌ن‌ه‌ک‌ا‌ن‌ی ت‌ر، ن‌ی‌ز‌ی ر‌ی‌د (ه‌ا‌س‌ان خ‌و‌ی‌ن‌د‌ن‌ه‌وه)، چ‌ا‌پ‌ی گ‌م‌و‌ره، ش‌ر‌ی‌ت‌ی د‌ه‌ن‌گ، ه‌ی‌ل‌ی م‌و‌ون و ن‌م‌ل‌ی‌ک‌ت‌ر‌و‌ن‌ی‌ک‌ی ه‌م‌ی‌ه.

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Dhammaan warbixinta bukaanleyda ee Ururka ee la oggol yahay waxaa marka la codsado lagu heli karaa nuskhado kale, sida luqado kale, akhris fudud, far waaweyn, dhegeysi, farta braille ee dadka indhaha la', Moon iyo nidaam eletaroonig ah.