

## Patient Instructions for Glucose Breath Test (Diabetic)

### **Preparation:**

1. Do not take antibiotics for four (4) weeks before the study.
2. Do not take laxatives, bulk fiber laxatives or stool softeners for one week before study.

Examples: Colace, Milk of Magnesia, Ex-Lax, Metamucil, Citrucel

3. Do not use enemas or suppositories for three (3) days before the study.

### **One day before study:**

1. You may have only the following foods and drinks:
  - Three (3) slices of plain white bread (may be toasted)
  - White rice
  - Plain white potatoes with no peel
  - Baked or broiled fish or chicken
  - Water, non-flavored black coffee or tea
2. You may salt your food but **do not use** butter or margarine.
3. **DO NOT** eat or drink anything else.
4. Not following the above instructions may result your study being inaccurate.

### **12 hours before study:**

1. You may take your usual evening prescription medications with water.
2. Do not eat or drink anything after **7PM** on the evening before the test.
3. **Follow the diabetic instruction sheet provided to you.**

### **The day of the study:**

1. Do not take your morning prescription medication.
2. Brush your teeth BEFORE 5AM, you need to stay awake, do not lie down again after you get up.
3. 6:45 AM Gargle with Listerine mouth solution for 30 seconds.
4. 7:00 AM Start Breath Test. The first read will be your baseline test.
5. **After the baseline breath sample, immediately mix the powder provided in the kit with 250ml of water and drink within five (5) minutes.**

**Do not** eat, drink, chew gum, use tobacco, smoke, eat candy or breath mints before or during the test.

**Do not** sleep or exercise during the test.

We recommend you read, watch tv, needlepoint, or just relax while you complete the test.

### **Breath sample instructions:**

1. Blow a small breath first into the air
2. Blow a second longer breath
3. When you feel like you have only 3-5 seconds of breath left, attach the tube into the side of the bag.
4. Collect the sample and remove the tube

### **Remember:**

- The bag must be fully inflated to collect a good sample.
- Write your name, number the test tubes and write the date on each tube.
- If you feel any symptoms during the test, write the information on the data collection sheet.

**If this kit is not completed and returned within 30 days, you will receive a bill for \$50 to cover the cost of the unused kit. If you lose the kit you will also be charged for the replacement of the kit or parts.**