

Breath Test Instructions

Trio-Smart® Breath Test Instructions

You have been ordered a Trio-Smart® Breath Test. You should be receiving your Tri-Smart Breath Test in the mail in about a week. Please follow the instructions below prior to completing your breath test.

- * You can have a breath test anytime **BEFORE** a colonoscopy preparation, but you must wait four (4) weeks after a colonoscopy prep, or any test requiring a bowel prep, to have a breath test.
- * No antibiotics for four (4) **WEEKS** before the test.
- * No Pepto-Bismol® for two (2) **WEEKS** before the test.

□ Seven (7) **DAYS** prior to your breath test:

- No laxatives or stool softeners (Colace®, Ex-Lax®, etc.) or stool-bulking products (Metamucil®, Citrucel®, etc.) for one (1) **WEEK** before the test.

□ One (1) **DAY** prior to your breath test:

- The day before the test, eat a Low Carbohydrate Diet. This diet has been specially designed to ensure the accuracy of your test results. Do not eat anything other than the items listed below.
 - » Only eat meat (poultry, fish, beef, or pork), tofu, eggs, white potatoes, and/or white rice while limiting your seasonings to oil, salt, and pepper.
 - » You can drink water, coffee (no additives), or tea (no additives).

□ 12 **HOURS** prior to your breath test:

- **DO NOT** eat or drink 12 hours prior to your breath test.
- If you have **DIABETES**, you need to speak to your doctor about what to do with your diabetic medication during the time you are not eating or drinking.

Call **715.483.0228** if you have any questions about your breath test.