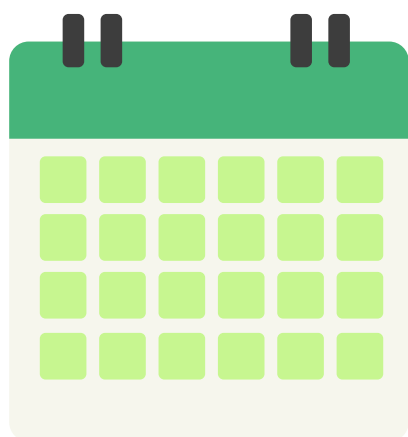




BE COMPLEAT

WIĘCEJ NIŻ DIETA

Schedule of preparations
for the hydrogen-methane test





4 weeks before the test

RECOMMENDATIONS

Do not perform a breath test if you have undergone colonoscopy, barium infusions, fluoroscopy, illeoscopy, enteroclysis, hydrocolon therapy in the last 4 weeks.

Do not take antibiotics.

POSSIBLE IMPACT ON TEST RESULTS:

These treatments can alter the amount of bacteria populating the gastrointestinal tract (mainly the intestines). It is believed that 4 weeks is sufficient time to restore the bacterial flora to baseline and normalize the gastrointestinal tract.

Antibiotic use has been shown to alter the amount of hydrogen and methane in exhaled air, so stopping antibiotics will affect a more reliable test result.



2 - 4 weeks before the test

RECOMMENDATIONS

Do not take probiotics or antifungal/antimicrobial/antiparasitic agents - including herbs (e.g. oregano oil).

Do not take the test if you have a history of infectious diarrhea
- Wait approximately 2 weeks.

POSSIBLE IMPACT ON TEST RESULTS:

Possible changes in the composition and quantity of bacteria in the gastrointestinal tract, which may reduce the reliability of the test.





minimum of one week before the test

RECOMMENDATIONS

Do not take laxatives, stool softeners, stool increaseers, high doses of magnesium citrate, vitamin C and synbiotics.

Stop fiber supplementation.

Do not take prokinetics (Erythromycin, Iberogast, etc.).

POSSIBLE IMPACT ON TEST RESULTS:

Prokinetic drugs and laxatives may affect the composition of exhaled breath gases. The faster transit time of delivered substrate through the gastrointestinal tract caused by peristalsis-stimulating drugs may lead to more intense substrate transport into the colon.

This may result in a false positive.

Fiber supplementation may affect false positives.



3 days before the test

RECOMMENDATIONS

Do not drink alcohol.

POSSIBLE IMPACT ON TEST RESULTS:

Possible interfered test result.



24 - 48 h before the test

RECOMMENDATIONS

Follow dietary recommendations based on avoiding foods with high fermentation potential.

(See dietary recommendations prior to the hydrogen-methane breath test).

Do not undertake intense physical activity.

POSSIBLE IMPACT ON TEST RESULTS:

Foods high in fiber or containing carbohydrates with high fermentation potential can affect colon bacteria. To ensure that the test does not produce false positives, follow the recommended diet. For patients with constipation, extend the preparatory diet for up to 48 hours.

Hyperventilation during exercise may affect test results.



14 - 16 h before the test

RECOMMENDATIONS

Start fasting - do not eat or drink. Only still water is allowed to be consumed.

Avoid unnecessary medications. Do not take dietary supplements.

Do not chew gum, eat candy or use mouthwash.

POSSIBLE IMPACT ON TEST RESULTS:

Fasting before the test is important to make sure that there is no food in the small intestine.

A false positive result may result from not following these instructions.

Consumption of these foods can cause elevated breath gas levels and a potential false positive test result.



on the day of the test

RECOMMENDATIONS

Do not smoke cigarettes or other tobacco products and avoid exposure to cigarette smoke (also known as secondhand smoke).

Do not undertake intense physical activity.

Do not use toothpaste, mouthwash, or denture adhesive.
Do not chew gum.

POSSIBLE IMPACT ON TEST RESULTS:

Smoking causes elevated levels of respiratory gases (hydrogen and carbon dioxide). Additionally, it increases gastrointestinal transit time. This is likely to affect **false-positive** results.

Hyperventilation during exercise may affect test results.

These products may contain ingredients that are fermentable by oral bacteria, which can result in a **false positive** test result and **improper preparation for the test**.

Additional Information:

- Not all medications are listed on the schedule - it is necessary to inform us about the medications you are taking so that we can individually determine if and for how long they should be discontinued so that they do not interfere with the test result. If you were taking any medicine on the day of the test, inform the person that is performing the test (and bring the medicine you took with you).
- Walking, eating, drinking (except for still water), sleeping and smoking are PROHIBITED during the test.

Remember! Failure to follow these instructions may result in a false positive or negative result. That is why it is so important to prepare properly for the test.

Please also follow **our** guidelines, because seeking information on your own often results in the consumption of prohibited products and improper preparation for the test, which makes it impossible to perform the test.



Dietary recommendations

The purpose of the pre-test preparation diet is to elicit a clear response to the lactulose solution by reducing the amount of fermentable foods. The last meal before the test should be modest, easily digestible, and low in dietary fiber.

Do not eat these before the test:

- fruits and vegetables (including juices and dried fruits or pickled vegetables)
- milk and dairy products
- cereal and grain products (coarse groats, whole-wheat pasta, brown rice, whole-wheat bread, wheat bread, wheat rolls, cereals)
- potatoes
- nuts, seeds, and legumes
- products containing high fructose corn syrup, sugar-free products, ketchup, honey, mustard, mayonnaise, etc.
- herbs and teas
- carbonated beverages (including water)
- alcoholic beverages

You may eat (only! products from the following list):

- **poultry meat, fish, seafood, eggs** - prepared in an easily digestible form: lightly roasted or boiled, stewed (canned or smoked fish are NOT allowed)
- **olive oil** and other **vegetable oils**
- permitted spices: **salt and pepper**
- **meat-only broths** (no bones, gristle)
- steamed **white rice**
 - **cooked rice**: 100 g/6 tbsp/ $\frac{3}{4}$ glass
 - **dry rice**: 40 g/2-3 tbsp/ $\frac{1}{5}$ glass
 - only in those patients who do not have any symptoms from the gastrointestinal tract and who **tolerate it very well**

How long to follow the recommendations?

- If your symptoms are dominated by diarrhea - keep the above diet for 1 day before the test and fast at least 14h before the test.
- If your symptoms are dominated by constipation (i.e. intestinal passage is slowed down) - keep the above diet for 2 days before the test and fast at least 16h before the test.
- No diarrhea or constipation - 1 day of the above diet and minimum 14h of fasting is obligatory



Menu example

Breakfast

Steamed scrambled eggs, drizzled with olive oil (only on ready meal), seasonings allowed: salt, pepper

Lunch

Steamed chicken or turkey, seasoned with pepper and salt, white rice*

Dinner

Cod/ salmon/halibut or other unprocessed fish/seafood steamed.

*if it does not cause any gastrointestinal symptoms and is very well tolerated and no more than the allowed amount (on previous page)

Remember to fast for 14-16 hours before the test!

NOTE: If you have a medical condition for which a preparatory diet or fasting may adversely affect your health, **you should consult your physician before following the above recommendations.**

Price

First test

for BeCompleat patients: 350 PLN
for others: 390 PLN

Repeat test

for BeCompleat patients: 320 PLN
for others: 350 PLN

IMPORTANT! Inadequate preparation for the test will result in the need to cover the cost of materials used by the tested person in the amount of **150 PLN**.