



**PRIVATAMBULANZ**

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**PATIENT INFORMATION**

**PREPARATION FOR THE H<sub>2</sub>-BREATH TEST**

You have an appointment for an H<sub>2</sub> breath test at the private out-patient department. In order to avoid false-positive test results, we request you to adhere to the following instructions as you prepare for the investigation.

**4 Weeks before the test:**

- No treatment with antibiotics

**2 Weeks before the test:**

- No bowel cleansing for an endoscopic or surgical procedure

**Diet the day before the investigation:**

- Please ingest only chicken, poultry, low-fat meat or fish, rice, potatoes, carrots, zucchini, fennel, squash, celery, or parsnips (low-fat, steamed)
- Drink only still water, herbal tea, or coffee without milk

**24 Hours before the test:**

- No medications that influence intestinal function (probiotic agents, prokinetic agents, laxatives, ...)

**12 Hours before the test:**

- Do not smoke
- Do not chew gum

**On the day of the investigation:**

- Do not eat ANYTHING for at least 8 hours before the investigation
- No smoking, chewing gum, eating or drinking during the entire investigation
- No physical activity before and during the investigation
- Do not use adhesive creams for prostheses
- You may drink still water but not during the test
- Take medications (with the exception of vitamins, laxatives and antibiotics) only with a sip of water

**References:**

- /1/ Hammer, H. F. (2021). Translation of the European guideline on indications, performance, and clinical impact of hydrogen and methane breath tests in adult patients: EAGEN and ESNM Consensus. Graz: Medical University Clinic Graz
- /2/ Ledochowski, M. (2011). H<sub>2</sub>-Atemteste. Innsbruck: Akademie für Ernährungsmedizin GmbH, Salzburg-Innsbruck
- /3/ Monash University (2019). FODMAPS and Irritable Bowel Syndrome. Accessed on 02.07.2025 at <https://www.monashfodmap.com/about-fodmap-and-ibs/Ps>