



triosmart[®]
Preparing For Your Breath Test

- **Stop taking antibiotics 4 weeks prior to the breath test.**
- **Stop taking anything that helps you make a bowel movement 1 week prior to the breath test - promotility drugs and laxatives.**
- **The day prior to taking the test eat ONLY these foods:**
 - **poultry, beef, pork, tofu, eggs, potatoes, white rice**
 - **Seasonings ok to use are salt, pepper and oil.**
 - **Drink ONLY water, black coffee or black hot tea.**
- **This diet has been designed to ensure the accuracy of your test results.**
- **Please do NOT eat or drink anything that is not on this list.**
- **Please fast for 8-12 hours prior to taking test.**
- **No smoking on the day of breath testing.**
- **Do not work out or engage in strenuous physical activity during the test.**
- **triosmartbreath.com/instructions – website to watch patient instruction video**