

# Hydrogen Breath Test

Information for patients, relatives and carers

① For more information, please contact: Medical Elective Services (MES)

The York Hospital, Wigginton Road, York, YO31 8HE

Telephone: 01904 721062

MESpatientenquiries@york.nhs.uk

---

## Information about your Hydrogen Breath Test

Your doctor has requested a hydrogen breath test. This is a test that uses the measurement of hydrogen in the breath to diagnose several conditions that cause gastrointestinal symptoms.

With any medical test it is important that other factors do not interfere with your test results. Please read the following information carefully.

You should have nothing to eat or drink from midnight prior to attending the Medical Elective Services (MES). It is also vital to your test results that you do not smoke on the morning of your test.

Once you have been admitted onto MES, you will be asked to rinse your mouth out with water. You will then be asked to breathe slowly into a machine. This is your baseline reading. You will be given a glucose or lactose drink, depending on the test required, after which you will continue to breathe into the machine at half hourly intervals, for two and a half hours.

You should tell a member of staff if you develop any symptoms, for instance nausea, bloating or diarrhoea.

The test is then complete and you will be offered something to eat and drink.

Your doctor will tell you the results of the test at a later date.

## **Feedback**

You may receive a Friends and Family card following your treatment. This is to enable us to collect feedback on your experience with us. All feedback is anonymous and lets us constantly review our service to ensure we are maintaining a high standard. We do appreciate you taking the time to complete this for us.

## **Teaching, training and research**

Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

## **Tell us what you think of this leaflet**

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact MES, The York Hospital, Wigginton Road, York, YO31 8HE, telephone 01904 721062 or email [MESpatientenquiries@york.nhs.uk](mailto:MESpatientenquiries@york.nhs.uk)

## **Patient Advice and Liaison Service (PALS)**

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services. PALS can be contacted on 01904 726262, or email [pals@york.nhs.uk](mailto:pals@york.nhs.uk). An answer phone is available out of hours.

## Leaflets in alternative languages or formats

Please telephone or email if you require this information in a different language or format, for example Braille, large print or audio.

如果你要求本資 不同的 或 式提供 , 電或發電

Jeżeli niniejsze informacje potrzebne są w innym języku lub formacie, należy zadzwonić lub wysłać wiadomość e-mail

Bu bilgileri değişik bir lisanda ya da formatta istiyorsanız lütfen telefon ediniz ya da e-posta gönderiniz

Telephone: 01904 725566

Email: [access@york.nhs.uk](mailto:access@york.nhs.uk)

Owner	Sister, Medical Elective Services
Date first issued	November 2004
Review Date	March 2024
Version	5 (reissued March 2021)
Approved by	Matron, Specialist Medicine
Document Reference	PIL 312 v3.2

© 2021 York Teaching Hospital NHS Foundation Trust. All Rights reserved.

[www.yorkhospitals.nhs.uk](http://www.yorkhospitals.nhs.uk)