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MES, The York Hospital, Wigginton Road, York, YO31 8HE, telephone 01904 721062 or email MESpatientenquiries@york.nhs.uk.

Providing care together in York,
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York Teaching Hospital
NHS Foundation Trust

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Hydrogen Breath Test

Information for patients,
relatives and carers

① For more information contact:

Medical Elective Services (MES)

The York Hospital
Wigginton Road, York, YO31 8HE

Telephone: 01904 721062

MESpatientenquiries@york.nhs.uk

Caring with pride

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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.

Teaching, training & 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.

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.

An answer phone is available out of hours.

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.