

How to prepare for the hydrogen-methane test for SIBO/IMO?

Please remember that proper preparation of the patient for the examination is essential and a key factor in a properly conducted examination.

Seven days before the test:

- laxatives and prokinetic medicines should be discontinued: lactulose, itoprid (trade names: Prokit, Zirid), cisapride (trade name: Gaspid) and metoclopramide (trade name: Metoclopramide polpharma), and medicines containing trimebutine (trade name: Debretin, Debridat, Tribux and Ircolon) - in for this purpose, it is advisable to consult the attending physician.

Three days before the test:

- stop taking probiotics.

On the day before the test:

- in case of constipation, a low-fermentation diet (without carbohydrates) should be introduced before the test, without milk and dairy products)
- consumption of white rice, white bread, meat, eggs is recommended, eating products such as: onion, leek, garlic, cabbage, beans or any pickled products or pickled vegetables, milk and/or fruit juices isn't recommend
- eat the last meal (not too large, not containing fiber) at least 14 hours before the start of the test, drink only water during the 14 hours before the start of the test.

On the day of the test:

- brush your teeth,
- people wearing dentures can't use glue,
- drink a glass of warm water is recommended, you can take medicines (except vitamins, laxatives and antibiotics) with plain water
- no need to discontinue drugs from the group of proton pump inhibitors - PPIs,
- don't smoke or chew gum,
- avoid physical activity - you should also avoid movement and physical effort during the test.