

**HYDROGEN METHANE BREATH TEST**

<b>Document number</b>	LA-75-WI-180E_04.60
<b>Revision date</b>	2024-Oct-24
<b>Required Specimen Type</b>	Hydrogen and methane respiratory samples
<b>Medical Supplies</b>	<ul style="list-style-type: none"> <li>Hydrogen and methane breath kit</li> <li>Consent form (RR-05-FM-011)</li> </ul>
<b>General Guidelines</b>	<ol style="list-style-type: none"> <li>All specimens must include a double identification (first and last name of the patient and date of birth or medicare number).</li> <li>The use of gloves is required when handling all biological specimens.</li> <li>A valid requisition must include the following information :           <ul style="list-style-type: none"> <li>First and last name of the patient, date of birth or medicare number and gender.</li> <li>Date and time of specimen collection and signature of collector.</li> <li>Physician's full name, signature and license number (or other qualified prescriber).</li> <li>Any relevant clinical information.</li> <li>Requested tests.</li> </ul> </li> </ol>
<b>Patient Preparation</b>	<ol style="list-style-type: none"> <li>The following instructions are intended to guide you through the preparation process for your Hydrogen Methane Breath tests. Please read the instructions carefully and follow them correctly.</li> <li>There will be a minimum interval of 3 days between breath tests if done at the main laboratory or 5 days if done at any of the acquisition centers.</li> <li><b>14 days prior</b> to the first test:           <ol style="list-style-type: none"> <li>No antibiotics, probiotics, no bowel cleansing as for colonoscopy, barium enema or virtual colonoscopy.</li> <li>Diarrhea may affect the test result.</li> </ol> </li> <li><b>48 hours</b> before the test, you should avoid alcohol.</li> <li><b>The day before</b> you start the breath test, a 24 hour preparation is required consisting of a 12 hour restricted diet and a 12 hour fasting period. Each visit will take 3 to 4 hours.           <ol style="list-style-type: none"> <li><b>The first 12 hours prior the test</b>, you can drink water, coffee or tea (no sugar / artificial sweetener or added cream). You must follow the diet below :               <ul style="list-style-type: none"> <li>Chicken, fish or turkey baked or boiled (salt and pepper only);</li> <li>White rice steamed;</li> <li>Eggs;</li> <li>Chicken or beef broth;</li> <li>White bread.</li> </ul> </li> <li><b>The second 12 hours prior</b> to the test:               <ul style="list-style-type: none"> <li>No food, no drinks (except small amount of water up to 1 hour before)</li> </ul> </li> </ol> </li> <li><b>The day of the test:</b> <ol style="list-style-type: none"> <li>If possible and with permission from the prescribing physician for safety reasons, <b>delay your morning oral medication until after completion of the test.</b></li> <li>1 hour before the exam: <b>no sleeping, no vigorous exercise, no smoking including second hand smoke</b> until the end of the exam.</li> <li>Upon your arrival at CDL Laboratories,               <ol style="list-style-type: none"> <li>You will be required to drink a special solution according to the test prescribed;</li> <li>You will be required to blow into a collection bag every 15 to 20 minutes for 3 hours-4 hours.</li> </ol> </li> </ol> <p><b><i>Consult your health care professional if you have any questions regarding medications that might influence this test or for further information, CDL laboratories staff are not able to answer these questions.</i></b></p> </li> </ol>
<b>Specimen Collection Instructions</b>	<ul style="list-style-type: none"> <li>If you have more than one breath tests to do, you are required to bring the special bag we have provided you for your next test, otherwise an additional fee will be added.</li> <li>For more information concerning the procedure, please contact our nurse 514 344-8022 ext. 333</li> </ul>
<b>Additional Information</b>	Hydrogen Methane Breath tests requires the use of a specific instrument only available at our head office. However the sample collection may be performed at any CDL site listed below. If you require

	<p>more than 1 breath test, the additional ones may be performed at home with a special kit and appropriate instructions.</p> <ul style="list-style-type: none"> <li>➤ CDL Laboratories (Head Office) – 5990 Chemin de la Côte-des-Neiges, Montreal, H3S 1Z5 Monday to Friday: 08:00-20:00</li> <li>➤ Medical Center Pierrefonds (CMG) – 12774 Boulevard Gouin O., suite 115, Pierrefonds, H8Z 1W5 Monday to Friday: 07:30-16:30</li> </ul> <p>For more information and to book your appointments please call 514-344-8022 ext. 333. <b>We encourage you to complete your breath tests within 3 months.</b></p>
<p><b>Specimen Conservation and Stability</b></p>	<p>Room temperature : 1 week</p>