



The Portland Hospital
for Women and Children

HYDROGEN BREATH TEST

Information for parents

A hydrogen breath test is a non-invasive, safe test, used to diagnose bacterial overgrowth and sugar intolerance.

For the test to be accurate, please ensure your child does not have anything to eat for at least 4 hours prior to the test; however, your child may drink water. It is also important that your child does not clean their teeth that morning. No food or drink is allowed during the test.

Your child will be asked to breathe into a mask or mouthpiece before taking a sugary tasting drink. Breath samples are then taken every 30 minutes for 3 hours, or slightly longer if necessary.

The results of the test will be given to you when you next visit the doctor.

It is advisable for you to bring some of your child's favourite toys and activities from home due to the length of the test.

The fee for undertaking this test is £414.

If you have any queries or concerns regarding the test please contact the Portland

Hospital Nursing staff on 020 7390 6500.

Disclaimer

Whilst this leaflet aims to provide you with useful advice and information, please note that it only a guideline. Should you have any further concerns about the hydrogen breath test please discuss it with your child's Consultant.