

Twin Forks Gastroenterology & Hepatology, P.C.
Eyad M. Ali, MD, FACP

BREATH TEST DIET

The day before your appointment:

Low fiber diet, avoid bran, high fiber cereals, beans, raw vegetables, popcorn, fruits.

OK TO EAT: rice, eggs, soups, cheese, milk, yogurt, sandwich on white bread, coffee, tea, etc..

The day of your appointment:

Nothing except water for 12 hours prior to appointment.

Do not smoke, sleep or exercise vigorously ½ hour prior to appointment.

You may take all regular medications except antibiotics prior to appointment.

Please call with any questions you may have
(631)723-0600.

Thank You