

BACTERIAL OVERGROWTH PREPERATION

- **On the day of your study, report to Room 2010 at 9:00AM**

This test will take at least 3 hours or longer.

For Optimal Preparation

Avoid all laxatives, stool softeners or stool bulking agents **one (1) week prior** to the test including: Colace, Milk of Magnesia, Ex-Lax, Metamucil or Citrucel.

All other prescription drugs, except oral antibiotics, and vitamins may be taken prior to the test.

Diet Preparation 24 Hours Before the Test

The day before your test, please limit your diet. A low-residue diet that minimizes non absorbable carbohydrates (starches and sugars) is strongly recommended.

Foods that you **CAN** eat:

- Baked or broiled chicken, fish or turkey. (salt and pepper only)
- White bread only.
- Plain steamed white rice.
- Eggs
- Clear chicken or beef broth.
- Drink water, non-flavored black coffee, or tea.

AVOID foods like:

- Pasta, whole grain products, bran, high fiber cereals, granola, ect.
- Fruit, fruit juices along with fresh fruit (Raw and Dried)
- Vegetable juices along with fresh or canned should also be avoid
- All nuts, seeds and beans, as well as foods that may contain seeds
- Milk, cheese, yogurt (except eggs) should be avoided

**** Please stop eating/drinking after 9:00pm the night before (except water) No smoking or heavy physical exertion 1 hour prior to the test****