



## Nursing Service Guidelines Endoscopy Unit

**Title:** HYDROGEN BREATH TEST (HBT) GUIDELINES

**Responsibility:** Endoscopy Registered Nurse (RN)

**Purpose of Guidelines:** The purpose is to provide standardization for the Hydrogen Breath Test procedure.

**Procedure:** **IMPORTANT: Check order to confirm type of solution to be used. Diagnosis determines which type of sugar patient will drink.**

1. Check battery level on device and check calibration log (complete calibration if due).
2. If patient is diabetic, obtain fasting blood sugar and record. If blood sugar abnormal, contact ordering provider for guidance.
3. Have patient brush their teeth before starting study.
4. Obtain baseline breath reading and record on HBT sheet and in Minor Procedure tab in EPIC.
5. Mix sugar drink per manufacturer's instructions.
6. Patient must drink sugar solution within 10-15 minutes.
7. Patient must brush teeth again.
8. Obtain second baseline and record on HBT sheet and in EPIC.
9. Continue measurements at frequencies indicated by solution specific protocol and record results on HBT sheet and in EPIC.
10. Disinfect device per manufacturer's instructions once testing is complete.

Reviewed by: Danielle Crosby, RN, Operations Supervisor Endoscopy

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