



# Hydrogen and methane breath test instructions for people with diabetes

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**On the morning of the test, while you are fasting, you may need to modify your diabetes medication. This leaflet explains how to manage your medication before, during and after a hydrogen breath test.**

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## **If your diabetes is treated with tablets only:**

- On the **day before the test**; take your tablets with your breakfast / evening meal as usual.
- On the **day of your test**; only take your tablets after the test is complete when you can eat and drink as normal again.

If your diabetes is treated with a combination of insulin and tablets such as metformin, follow the advice for tablets as outlined above, and insulin in the following paragraph, depending on which insulin regime you are on.

## **If your diabetes is treated with insulin:**

- Take two-thirds ( $\frac{2}{3}$ ) of your regular insulin, whatever your insulin regime.
- When you carry out your 4 hourly blood glucose tests, remember that you are allowed clear sugary drinks **if your blood glucose levels are low**, i.e. below 5mmol/L.
- Take your regular dose of insulin after completing the test, when you can eat and drink as normal again.

**For once daily insulin only:** (e.g. Lanus (Glargine), Levermir (Determir), Tresiba (Degludec), Toujeo (New insulin Glargine), Insuman Basal, or Insulatard and Humulin I)

- If your insulin is due on the morning of the test, take two-thirds ( $\frac{2}{3}$ ) of your insulin dose. Take your insulin dose the following morning after your test, when you can eat and drink as normal again.

**For twice daily long acting or medium acting insulin:** (e.g. Lantus (Glargine), Levermir, Insulatard, Humulin I or Insuman Basal)

- Take two-thirds ( $\frac{2}{3}$ ) of your normal dose in the morning. Take the normal dose after the test when it is next due, when you can eat and drink as normal again.

**For twice daily mixture insulin:** (e.g. Humulin M3, Humalog mix 25, Humalog Mix 50, Novomix 30, Insuman Comb 15, Insuman comb 25, Insuman Comb 50)

- Take one third ( $\frac{1}{3}$ ) of the normal dose in the morning. Resume your regular dose in the evening once you can eat and drink as normal again.

**For four or more injections a day:**

Leave out the quick acting insulin (Novorapid, Humalog, Apidra, Humalog 200, Humulin S, Actrapid or Hypuring neutral, Insuman rapid) while you are on clear fluids only. Take two-thirds ( $\frac{2}{3}$ ) of the long acting insulin in the morning, if it is due, and resume the normal evening dose as soon as you can eat and drink as normal again.

**For people with Type 1 diabetes who normally take long acting insulin at night:**

Take 20% less of the regular dose the night before the test and then resume normal dose the night following the test.

**For people with Type 1 diabetes on insulin pump therapy (continuous subcutaneous insulin):**

This should be discussed with the Diabetes Specialist Team.

**Remember to monitor your blood glucose levels four hourly if you are on insulin. If your blood glucose falls below 4mmol/L take 4-5 glucose tablets or 150mls of a glucose drink.**

**Additional information**

For further information about your procedure, please call the following number:

**GI Physiology Department on 0118 322 7725 (office hours)** or email

GI.Physiology@royalberkshire.nhs.uk

For further advice about your diabetes medication, please call the following number:

**Centre for Diabetes and Endocrinology on 0118 322 7969 (office hours)** or email

diabetes@royalberkshire.nhs.uk

To find out more about our Trust visit [www.royalberkshire.nhs.uk](http://www.royalberkshire.nhs.uk)

**Please ask if you need this information in another language or format.**

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Regime	Types	Dose prior to test	When to resume medication
<b>Tablets only</b>		Take as normal the day before the test. Do not take on morning of test	Resume evening dose as usual and when fasting is over
<b>Once daily insulin</b>	Lanus (Glargine), Levermir (Determir), Tresiba (Degludec), Toujeo (New insulin Glargine), Insuman Basal, or Insulatard and Humulin I, Abasaglar	If usual regime for morning, take $\frac{2}{3}$ dose	Resume normal morning dose the following morning
<b>Twice daily long/medium acting insulin</b>	Lantus (Glargine), Levermir, Insulatard, Humulin I or Insuman Basal)	$\frac{2}{3}$ for your morning dose	Resume evening dose as usual and when fasting is over
<b>Twice daily mixture insulin:</b>	Humulin M3, Humalog mix 25, Humalog Mix 50, Novomix 30, Insuman Comb 15, Insuman comb 25, Insuman Comb 50	$\frac{1}{3}$ morning dose	Resume evening dose as usual and when fasting is over
<b>Long acting insulin at night</b>		20% less of the regular dose the night before the test	Resume evening dose as usual and when fasting is over
<b>Insulin Pump Therapy</b>		Discuss with your Diabetes Team but as a general rule use a temporary basal rate reduction of 10% from 0600 on the morning of the test.	Discuss with your Diabetes Team. Once eating, continue back on your normal dose.