

TESTS PERFORMED ONLY AT SELECT DOREVITCH CENTRES & **REQUIRE A BOOKING VIA GASTROLAB**

**Ph Bookings: 1300 624 771    Fax Bookings: (03) 9244 0486**

**MAIL-ORDER BREATH TEST KITS ARE AVAILABLE VIA GASTROLAB'S WEBSITE**

### PATIENT

Name .....

Contact Phone .....

### REFERRING DOCTOR

Name .....

Address .....

..... Post Code .....

Phone .....

Fax .....

Signature .....

Date .....

Copy results to .....

### HYDROGEN/METHANE BREATH TEST

ALL TESTS START AT 9AM

Lactulose Date.....  
(Compulsory control test)

Fructose Date.....

Lactose Date.....

Sorbitol Date.....

Sucrose Date.....

Mannitol Date.....

Glucose Date.....  
(for small intestinal bacterial overgrowth)

**PATIENT INSTRUCTIONS OVERLEAF** ➔

### GASTROLAB CLINIC LOCATIONS

We are located at the following  
DOREVITCH PATHOLOGY centres:

#### METROPOLITAN

- **BORONIA** 157 Scoresby Rd (Lvl 1)
- **BRIGHTON** 28 Carpenter St
- **CAMBERWELL** 691 Burke Rd (Lvl 1)
- **CHADSTONE** 9 Chadstone Rd
- **COBURG** 267 Moreland Rd (Lvl 2)
- **DANDENONG** 1 Bruce St
- **DONCASTER EAST** 2 George St
- **NORTH MELBOURNE** 55 Flemington Rd (Suite 128, Lvl 1)
- **HEIDELBERG** 214 Burgundy St (Suite 15, Lvl 3)
- **MOONEE PONDS** 2 Pascoe Vale Rd (cnr Mt Alexander Rd & Dean St)
- **NORTHCOTE** 282 High St
- **ST ALBANS** 328-330 Station Rd
- **WERRIBEE** 179 Princes Hwy

#### REGIONAL

- **BENDIGO** 30 Bridge St
- **GEELONG** 81 Myers St
- **SHEPPARTON** 20 Fitzgerald St (Suite 3)

Visit website [gastrolab.com.au](http://gastrolab.com.au)  
for full clinic details.

# HYDROGEN / METHANE BREATH TEST

## PATIENT INFORMATION

This is a painless and non-invasive test which diagnoses these gut disorders known to cause Irritable Bowel Syndrome (IBS) symptoms:

- FODMAP and sugar intolerance  
(eg. fructose, lactose, sorbitol, mannitol & sucrose)
- Small Intestinal Bacterial Overgrowth (SIBO)

### Each test:

- Starts at 9am and takes up to 3hrs (late arrivals may be refused testing)
- Needs to be done on a separate day
- Requires pre-test preparations (see next panel ➔)
- Has an out of pocket cost which is payable on the day by EFTPOS, VISA or Mastercard only. Cash not accepted.  
There is no Medicare rebate. Cost is non-refundable.

Tests are safe in children and in pregnancy. If your child is under 35kg body weight, advise booking staff. This is a fasting test, for diabetics consult your doctor on how to best manage your diabetes during the test.

## CONTACT DETAILS

 **1300 624 771** (Mon-Fri 8:30am - 5pm AEST)

**W:** gastrolab.com.au | **E:** enquiries@gastrolab.com.au

### NOTES:

- Please provide at least 24 hrs notice for cancellations.
- No-shows will incur a cancellation fee equivalent to the cost of the test.
- Refrain from bringing a visitor as seating is limited to patients only (except for parents and carers).

## PRE-TEST PREPARATION

You must follow these instructions before each test to ensure reliable results. This will be verified on the day in order for your test to proceed.

### A) 2 Weeks before test:

- × NO oral and IV antibiotics  
(antibiotic skin creams and eye/ear drops are ok; probiotics are ok).
- × NO colonoscopy or barium meal enema procedures (gastroscopy is ok).

### B) 1 Full Day before test:

- × RESTRICT milk & dairy products.  
Lactose-free milk, soy/rice/almond/coconut milk are OK.
- × RESTRICT canned & dried fruit, fruit juices, soft drinks and honey.
- × RESTRICT high fibre foods (beans, oats, corn).
- × NO fibre supplements & NO laxatives.  
We recommend a meal containing rice and meat the evening before your test (or rice and vegetables for vegetarians).  
Limit alcohol to one standard drink the evening before your test.

A sample meal plan is available on our website.

All other foods and medications can be eaten as per normal

### C) FAST from 9pm the night before test:

You may continue to drink plain water leading up to your test.

### D) On the Morning of test:

NO Smoking and continue to fast.

You may take your regular medications with a small amount of water.

If you are diabetic requiring insulin or diabetes medication ask your doctor if you should change your morning dose.

### E) During the test:

NO eating, drinking (expect for plain water), chewing gum, eating mints/candy, smoking, sleeping or exercising during test.