



# HYDROGEN / METHANE BREATH TEST

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

Ph Bookings: 1300 624 771 Fax Bookings: (03) 9331 4198

HOME BREATH TEST KITS ARE ALSO 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

Fructose Date.....

Lactose Date.....

Sorbitol Date.....

Sucrose Date.....

Mannitol Date.....

Lactulose Date.....

&

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

### GASTROLAB CLINIC LOCATIONS

We are located at the following LAVERTY PATHOLOGY centres:

#### NSW

• **BONDI JUNCTION**

Suite 312, Level 3  
3 Waverley St

• **WESTMEAD**

Suite 6, Ground Floor  
151-155 Hawkesbury Rd

#### ACT

• **WODEN**

Suite 16, Corinna Chambers  
36-38 Corinna St

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

PATIENT INSTRUCTIONS OVERLEAF →

# 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:

- Malabsorption of FODMAPs & sugars  
(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)

**W:** gastrolab.com.au

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

### NOTE

Late cancellations (ie. within 24hrs) and no-shows will incur a cancellation fee equivalent to the cost of the test.

## 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  
(skin creams, eye and ear drops are OK).
- × NO colonoscopy or barium meal enema procedures.

### 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).

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 the test.

### D) On the Morning of test:

NO Smoking, continue to fast and no physical exercise for 1hr prior.  
You may drink plain water during your test.

**Seating is limited to patients only with the exception of parents and carers. Please refrain from bringing visitors.**