

## HYDROGEN/METHANE BREATH TESTS AVAILABLE VIA WEBSITE [gastrolab.com.au](http://gastrolab.com.au)

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

PATIENT INSTRUCTIONS OVERLEAF →

### PATIENT

Name .....

Contact Phone .....

### REFERRING DOCTOR

Name .....

Address .....

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

Phone .....

Fax .....

Signature .....

Date .....

Copy results to .....

### HYDROGEN/METHANE BREATH TEST

● Fructose Date.....

● Lactose Date.....

● Sorbitol Date.....

● Sucrose Date.....

● Mannitol Date.....

● Lactulose Date.....

&

Glucose Date.....

(for small bowel bacterial overgrowth)

THESE TESTS PERFORMED AT ALL  
QML PATHOLOGY CENTRES & DO NOT  
REQUIRE A BOOKING

- <sup>14</sup>C-Urea Breath Test  
(Helicobacter pylori infection)
- Coeliac serology + HLA DQ2 DQ8  
(coeliac disease)
- MCS faeces + Faecal Multiplex PCR  
(enteric pathogens)
- Faecal Calprotectin  
(inflammatory bowel disease)
- Pancreatic Elastase-1  
(pancreatic exocrine insufficiency)
- FBE CRP FOB CEA LFTs TSH  
(inflammation, bowel cancer, liver &  
thyroid disease)

# 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 sugars/FODMAPs  
(eg. fructose, lactose, sorbitol, sucrose, mannitol)
- Small Bowel/Intestinal Bacterial Overgrowth (SBBO/SIBO)

### **Each test:**

- Needs to be done on a separate day
- Requires pre-test preparations (see next panel →)
- Has an out of pocket cost which is payable by credit/debit card prior to kit despatch. There is no Medicare rebate. Cost is non-refundable

Tests are safe in children and 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.

## **HOW TO ORDER**

1. Go to [gastrolab.com.au](http://gastrolab.com.au)
2. Select "ORDER A HOME BREATH TEST KIT"
3. Read all information, including terms and conditions
4. Complete and submit online order
5. A Gastrolab staff member will contact you for payment prior to kit despatch

## **PRE-TEST PREPARATION**

You must follow these instructions before each test to ensure reliable results.

### **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.

## **CONTACT DETAILS**

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

**W:** [gastrolab.com.au](http://gastrolab.com.au)

**E:** [enquiries@gastrolab.com.au](mailto:enquiries@gastrolab.com.au)