

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

Contact:

Signature

Date

Copy results to

 Do not send reports to My Health Record**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 bowel bacterial overgrowth)**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
- **MOONEE PONDS** 2 Pascoe Vale Rd
(cnr Mt Alexander Rd & Dean St)
- **NORTH MELBOURNE**
55 Flemington Rd (Lvl 1, Suite 128)
- **NORTHCOTE** 282 High St
(cnr Mitchell St)
- **ST ALBANS** 328-330 Station Rd
- **WERRIBEE** 179 Princes Hwy

REGIONAL

- **BENDIGO** 30 Bridge St
- **GEELONG** 81 Myers St
- **SHEPPARTON** 20 Fitzgerald St

Visit website gastrolab.com.au
for full clinic details.**PATIENT INSTRUCTIONS:****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.auE: enquiries@gastrolab.com.au**NOTE**

- 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 the 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 (except for plain water), chewing gum, eating mints/candy, sleeping or exercising during the test