



HYDROGEN / METHANE BREATH TEST

TESTS PERFORMED ONLY AT SELECT LAVERTY 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

Fructose Date.....

Lactose Date.....

Sorbitol Date.....

Sucrose Date.....

Mannitol Date.....

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

Glucose Date.....
(for small intestinal 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

- **GARRAN**
Unit 10-11, 2 Garran PI

Visit website 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:

- 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.

Hereditary fructose intolerance (HFI) is a rare genetic condition. Where HFI is suspected, individuals should strictly avoid fructose, sucrose and sorbitol, and should NOT undergo hydrogen/methane breath testing for these three sugars.

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 (wholegrains, oats, beans, corn).
- × NO fibre supplements & NO laxatives.

Limit alcohol to one standard drink the evening before your test.

We recommend a meal containing white 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 your test.

D) On the Morning of test:

Brush your teeth. 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, smoking, sleeping or exercising during test.