

Ph: 1300 624 771 **Fax:** (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

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 TESTS ARE
AVAILABLE IN QLD VIA HOME
BREATH TEST KITS.**

Simple, non-invasive and
convenient.

To order, visit our website
www.gastrolab.com.au

Please read terms and
conditions before ordering.

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 consumed as 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.