

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

**Ph Bookings: (08) 8159 7900 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.....

&

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

**GASTROLAB CLINIC LOCATIONS**

We are located at the following  
ABBOTT PATHOLOGY centres:

- **ALDINGA**  
26 Old Coach Road
- **MAYLANDS**  
171 Portrush Road
- **MOUNT BARKER**  
Unit 4, 69 Gawler Street
- **WEST BEACH**  
Shop B, 709 Burbridge Road
- **WOODVILLE PARK**  
707 Port Road

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:

- 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.au](http://gastrolab.com.au) | E: [enquiries@gastrolab.com.au](mailto: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 (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 your 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 (expect for plain water), chewing gum, eating mints/candy, smoking, sleeping or exercising during test.