

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 .....

DOB ..... Phone .....

### REFERRING DOCTOR

Name .....

Address .....

Phone ..... Fax .....

Signature .....

Date .....

Copy results to .....

### HYDROGEN/METHANE BREATH TEST

ALL TESTS START AT 8:45AM

Lactulose Date.....  
(Compulsory control test)

Fructose Date.....

Lactose Date.....

Sorbitol Date.....

Sucrose Date.....

Mannitol Date.....

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

### GASTROLAB CLINIC LOCATIONS

We are located at the following  
DOREVITCH PATHOLOGY centres:

#### METROPOLITAN

- **BRIGHTON** 28 Carpenter St
- **CAMBERWELL** 691 Burke Rd (Lvl 1)
- **CHADSTONE** 9 Chadstone Rd
- **COBURG** 267 Moreland Rd (Lvl 2)
- **CROYDON** 516 Dorset Rd
- **DANDENONG** 1 Bruce St
- **DONCASTER** 619 Doncaster Rd  
(Level 4, Suite 4005)
- **MOONEE PONDS** 2 Pascoe Vale Rd  
(cnr Mt Alexander Rd & Dean St)
- **NORTHCOTE** 282 High St
- **ST ALBANS** 328-330 Station Rd

#### REGIONAL

- **BENDIGO** 30 Bridge St
- **SHEPPARTON** 20 Fitzgerald St (Suite 3)

**PATIENT INSTRUCTIONS  
OVERLEAF** ➔

Visit us at [gastrolab.com.au](http://gastrolab.com.au)

# HYDROGEN / METHANE BREATH TEST

## PATIENT INFORMATION

This is a painless and non-invasive test which diagnoses the following 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 8:45am 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 and non-refundable cost which is payable on the day by EFTPOS, VISA or Mastercard only. CASH NOT ACCEPTED.  
There is no Medicare and private health fund rebates.

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: [admin@gastrolab.com.au](mailto:admin@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).
- Observe all active public health orders such as physical distancing, wearing a face mask, and staying at home if you are sick.

## 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 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 any combination of rice, meat or vegetables the evening before your test.  
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.