

# Hydrogen/Methane Breath Test

Tests performed only at select QML Pathology Centres  
& require a booking via Gastrolab.

**Ph Bookings:** (03) 9244 0330 **Fax Bookings:** (03) 9244 0486

Mail-order breath test kits are available via Gastrolab's website.

## Patient:

Name \_\_\_\_\_

DOB \_\_\_\_\_ Phone \_\_\_\_\_

## Referring Practitioner:

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_ Fax \_\_\_\_\_

Signature \_\_\_\_\_

Date \_\_\_\_\_

Copy results to \_\_\_\_\_

## Hydrogen/Methane Breath Test

**Lactulose** Date \_\_\_\_\_  
(for small intestinal bacterial overgrowth)

**Glucose** Date \_\_\_\_\_  
(for small intestinal bacterial overgrowth)

**Fructose** Date \_\_\_\_\_

**Lactose** Date \_\_\_\_\_

**Sorbitol** Date \_\_\_\_\_

**Mannitol** Date \_\_\_\_\_

**Sucrose** Date \_\_\_\_\_

Gastrolab tests are  
available in QLD via home  
breath kits.

Simple, non-invasive  
and convenient.

To order, visit our website  
[gastrolab.com.au](http://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 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 are no Medicare or 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:

**(03) 9244 0330** (Mon-Fri 8:30am - 5pm AEST)  
**gastrolab.com.au** | **gastrolabadmin@dorevitch.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:

- x NO** oral and IV antibiotics (antibiotic skin creams and eye/ear drops are ok).
- x NO** colonoscopy or barium enema procedures (gastroscopy is ok).

### B) 1 full day before test:

- x NO** milk & dairy products. (Lactose-free milk, soy/rice/almond/coconut milk are ok).
- x NO** canned & dried fruit, fruit juices, soft drinks and honey.
- x NO** high fibre foods (beans, oats, corn).
- x NO** fibre supplements, **NO** laxatives, **NO** probiotics. 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:

- x NO** smoking. Continue to fast, brush your teeth.
- 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:

- x NO** eating, drinking (except for plain water), chewing gum, eating mints/candy, smoking, sleeping or exercising during test.