



PATIENT NAME: _____ DOB: _____

ADDRESS: _____

PHONE: _____ EMAIL: _____

HYDROGEN & METHANE TESTING for IBS and sugar intolerances

PLEASE TICK ALL THAT APPLY.
(See Website for further information)

- Lactulose (This is a mandatory baseline test)
- Lactose Lactose Intolerance
- Fructose IBS 1st line
- Sorbitol IBS 2nd line
- Xylitol IBS 3rd line
- Sucrose Paediatric
- Glucose (for small intestinal bacterial overgrowth)

Each sugar must be tested on a separate day, with a minimum gap between testing of 2 days to allow the gut to return to normal.

To ensure the reliability of the breath test, the following pretest instructions MUST be followed:

4 WEEKS PRIOR TO THE TEST:

- Stop all antibiotics (ensure this is done in consultation with your doctor)
- Do not have a colonoscopy or barium enema procedure

DAY PRIOR TO EACH TEST:

- No Milk & Dairy Products (Lactose-free milk, soy/rice/almond/coconut milk are OK)
- No Canned or Dried Fruit
- No Fruit Juices
- No Soft Drinks
- No Honey
- Avoid high fibre foods such as beans, oats and corn
- No fibre Supplements
- **No Laxatives**

DAY OF TEST:

- Must brush your teeth
- Fast for a minimum of 6 hours prior to the test (*water is ok*)
- Do not smoke for 2 hours prior to the test

Please consult with your GP before discontinuing any prescribed medications.

C13 UREA BREATH TEST Radiation-free test for the detection of Helicobacter pylori

C13 Urea Breath Test Please consult with your GP before discontinuing any prescribed medications.

To ensure the reliability of the breath test, the following pretest instructions MUST be followed:

4 WEEKS PRIOR TO THE TEST:

- May not have antibiotics

1 WEEK PRIOR TO THE TEST:

- Discontinue all PPI's - Losec®, Somac®, Zoton®, Nexium®, Pariet®

DAY OF TEST:

- Do not brush your teeth
- Fast for a minimum of 6 hours prior to the test
- Do not smoke for 2 hours prior to the test

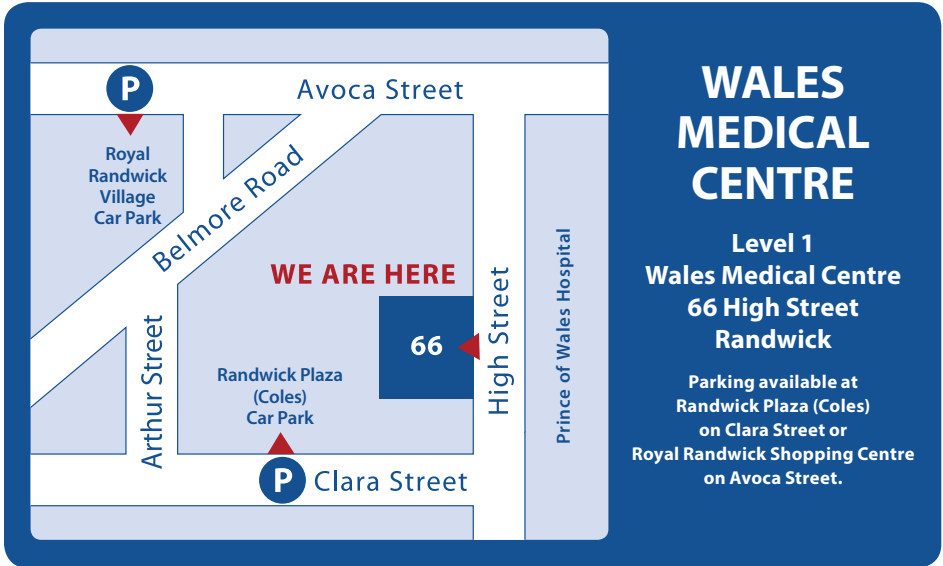
REFERRING PRACTITIONER / STAMP

NAME: _____

ADDRESS: _____

SIGNATURE: _____

PROVIDER No: _____ DATE: _____



WALES MEDICAL CENTRE

Level 1
Wales Medical Centre
66 High Street
Randwick

Parking available at
Randwick Plaza (Coles)
on Clara Street or
Royal Randwick Shopping Centre
on Avoca Street.

HYDROGEN & METHANE TESTING for IBS and sugar intolerances

Contrary to popular belief, there are many different types of sugar in a healthy diet – both naturally occurring and artificial. These sugars include lactose, fructose, sorbitol, xylitol and sucrose.

Not everyone is able to fully digest and absorb these sugars, leaving them available to be fermented by bacteria within the gut. It is this fermentation and production of gas (hydrogen or methane) which can cause many symptoms such as bloating, flatulence, abdominal pain and diarrhoea.

The Breath Test Lab provides a pain-free, non-invasive way to diagnose sugar malabsorption and intolerance. Once diagnosed you can be directed to a natural, diet-based approach to relieving your symptoms.

After a baseline hydrogen and methane level reading, you will be given a drink which has had a measured dose of the applicable sugar dissolved in it. At regular intervals for the next two to three hours you will provide further breath samples and be questioned by our technician about any symptoms you may be experiencing.

Unlike other breath test companies, The Breath Test Lab doesn't just test for hydrogen, we also test for methane at no extra cost, which makes our tests much more accurate and reliable.

HYDROGEN & METHANE TESTING for Small Intestinal Bacterial Overgrowth

A methane breath test can be used to diagnose small intestine bacterial overgrowth (SIBO). This is a condition in which abnormally large numbers of bacteria grow in the small intestine which causes excessive fermentation, even in the absence of malabsorption. This can cause symptoms of abdominal pain, bloating, diarrhoea, excessive flatulence and fat in stools.

C13 UREA BREATH TEST Radiation-free test for the detection of *Helicobacter pylori*

Helicobacter pylori (*H. pylori*) is a bacteria that can commonly be found living in the stomach, usually without causing any symptoms. However, over time, this bacteria causes severe damage to the stomach, causing ulcers and stomach cancer and is recognised by the World Health Organisation as a Class 1 carcinogen.

Unlike commonly used tests for *H. pylori*, the C13 breath test involves drinking a liquid that has had a non-radioactive powder dissolved in it. A simple, safe and non-invasive breath test can then detect if *Helicobacter pylori* is evident. **This is the only *H. pylori* breath test safe for children, women of child bearing age and pregnant women.**

It is very important that the pre-test requirements over page are adhered to, to ensure the accuracy of the test.