



# HYDROGEN BREATH TESTING

Name:

Appt. Date:

Location:

## ***PLEASE ADHERE TO THE FOLLOWING GUIDELINES:***

1. Hydrogen breath testing is safe for children and pregnant women. However please advise when booking if any patients are under 35kg body weight.
2. A lactulose test will be required for all patients who have not had hydrogen breath testing previously.
3. All tests must be done on separate days and require fasting, therefore diabetics should consult their doctor for diabetes management before and during testing.
4. All tests require a non-refundable, out-of-pocket payment on the day by cash, EFTPOS, VISA or Mastercard. There is NO Medicare rebate for Hydrogen Breath Testing.
5. No referral is required.
6. No antibiotics or probiotics for 4 weeks prior to your appointment.

*See inside for preparation instructions*

# HYDROGEN BREATH TESTING

## Preparation Instructions

### ***FOUR WEEKS BEFORE YOUR TEST:***

- NO oral or intravenous antibiotics can be taken.
- NO colonoscopy or enema procedures.

### ***THE DAY BEFORE YOUR TEST:***

- Restrict dairy products. However, lactose-free; soy; rice; nut milk products are OK.
- Restrict canned and dried fruits, fruit juices, soft drinks, and honey.
- Restrict high-fibre foods, particularly oats, beans, and corn.
- NO fibre supplements or laxatives.
- We recommend a rice-based meal with meat or vegetables as your evening meal before your test. Other foods and medications can be taken as usual.

### ***FAST FROM 9PM the night before your test:***

- You must take the test on an empty stomach, so you must not consume any food or drinks for at least 12 hours before your test. You may drink plain water only.

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## Preparation Instructions

### ***On the morning of the test:***

- Do **NOT** smoke. Keep fasting and do not do any exercise 1 hour prior to your test. Please refrain from bringing visitors to the clinic. Seating is restricted to patients only, with the exception of parents and carers.
- ***PLEASE NOTE: ALL TESTS START AT 9:30AM and may take up to 3 hours. Late arrivals may be rescheduled.***

### ***ON THE DAY - What happens?***

- Breathe into our breathalyzer to measure the baseline hydrogen level on your breath.
- Drink a sweet solution composed of the substance we are testing for, and water.
- We will test your breath hydrogen level every 15-30 minutes over the course of up to 3 hours.

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## Breath Testing Information

Hydrogen breath testing is a diagnostic tool for common food intolerances. Recent antibiotic usage or colonoscopy may result in false negative results.

A **lactulose** test is conducted initially to confirm production of hydrogen and oro-caecal transit time. Low or nil results during lactulose testing may indicate methane production, in these cases our practice refers to an external centre for more sensitive testing (methane breath test).

**Fructose** testing is indicated for suspected Irritable Bowel Syndrome (IBS); intolerance of sweets, honey or fruits.

**Lactose** testing is indicated for suspected diagnose maldigestion of lactose; IBS investigations; and intolerance of dairy products, pastries, and chocolates.

**Glucose** testing is indicated for suspected small intestinal bacterial overgrowth (SIBO); intolerance of sugars and sweets; secondary lactose intolerance; or pancreatic insufficiency.

**Sorbitol** testing is indicated for suspected sorbitol intolerance, such as in chewing gums; and investigations for other conditions.

**Xylitol** testing is indicated for suspected xylitol intolerance; borderline positive fructose and/or sorbitol tests.

Results from hydrogen breath testing for fructose, lactose, sorbitol, and xylitol can also be indicative of specific sugar-dependent small intestine bacterial overgrowth.