

Bellfield Hydrogen & Methane Breath testing Services

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Test & Appointment Dates

Must do
this test
first

Compulsory Base lactulose breath test

Date: _____

(may cause diarrhoea and abdominal cramps as it contains lactulose which is a laxative)
(Breath hydrogen is used for measurement where possible. If breath hydrogen production is low on a lactulose test, further tests are conducted using equipment that is more sensitive for measuring hydrogen (H₂), that also measures methane (CH₄). The type of gas a person produces simply reflects the patient's gut micro biota)

Then the specific intolerance tests which check for the following- the order you do these is up to you:

- 1 **Lactose** (Tests for dairy intolerance) _____
- 2 **Fructose** (Tests for wheat, pasta, fruit intolerance) _____
- 3 **Sorbitol** (Tests for dried/ stone fruit/ sweetener Intolerance) _____
- 4 **Glucose** (Test for small bowel bacteria overgrowth - SIBO) _____

A Hydrogen/Methane breath test helps diagnose carbohydrate malabsorption of lactose/fructose/sorbitol/glucose- small bowel bacterial overgrowth. Malabsorption of sugars found in common food products may cause gastrointestinal symptoms such as bloating, abdominal pain, flatulence and diarrhoea. The test is painless and non-invasive.

It involves drinking a mixture and measuring breath hydrogen/methane levels. Your test may take between 1-3 hours to complete. This can be performed at our reception waiting room or one of our private rooms. Please tell us your preference on the day.

Only one test can be done per day as each test has its specific drink. These tests can all be done on consecutive days other than the compulsory base test and the next test where a day off is required.

No sedative is given; you can drive after the test. It is advised that you have some food or snacks in the car to eat after you complete your test.

Each test costs **\$80 (Hydrogen)/ \$100 (Methane) payable on the day** please by EFTPOS, Visa, Mastercard, Bankcard or Cash as there is no Medicare rebate. Cost is non refundable.

| | | |
|--------|------------------------|---|
| 1 11fd | 1 Week before the test | <ul style="list-style-type: none"> • No oral and IV antibiotics. • No Colonoscopy or Barium Meal Enema procedures. |
| | 1 Day before | <ul style="list-style-type: none"> • No Dairy Products. • No High Fibre Foods (wholemeal bread, bran, oatmeal, beans), Fibre Supplements (Eg. Metamucil). No laxatives • No Fruit Juice, Soft Drinks or Alcohol. |

However, you can consume the following foods the day before:

| Breakfast Day before | Lunch & Dinner Day before | Snacks Day before |
|---|--|---|
| <ul style="list-style-type: none"> ○ Water, Tea or Coffee with lactose free milk/ soy milk/ rice milk. ○ Fresh fruits ○ Bacon & Eggs ○ White bread or toast (gluten free bread is OK) ○ Cornflakes or rice bubbles | <ul style="list-style-type: none"> ○ Salads ○ Any Sandwich with white bread (gluten free bread is OK) ○ Rice crackers or crisp breads ○ Fresh fruits ○ Grilled fish/ chicken/ steak with salad ○ Mash potato and vegetables ○ Stir vegetables with rice or rice noodles | <ul style="list-style-type: none"> ○ Rice crackers or crisp breads ○ Fresh fruits ○ Tuna and salad ○ Small servings of nuts ○ Tea or Coffee with lactose free milk/ soy milk/ rice milk. |

Fast from 9pm the night before the test. You may continue to drink plain water and take the usual prescription medication leading up to your test.

If you are diabetic, you may wish to consult the doctor for instructions on how to fast for your test. No smoking on the morning of your test. You may wish to bring reading material to occupy your time. All tests are safe for children and pregnancy.

If your child is less than 35 kg in body weight, please advise booking staff of approximate weight. For diabetics (including women with gestational diabetes) please consult your doctor on how to best manage your diabetes during the test.

Interpretation of Results:

Lactulose: Hydrogen excretion is indicated by >10ppm sustained rise upon lactulose challenge. Normal oro-caecal transit time in healthy adults is approx 60-120 Minutes.

Glucose - for small bowel bacterial overgrowth: positive 12ppm over baseline

Sugar Malabsorption: Unequivocally positive: 20ppm over baseline. As a guide only, an increase of 20-40ppm above baseline indicates mild malabsorption. 40-80ppm rise: moderate malabsorption and >80ppm indicates severe malabsorption.

Specialist dietary advice may assist management and we do have a subspecialist gut dietician on site to advise the dietary changes required after the results are available.

Patient Instructions for Helicobacter Pylori Breath Test

Date: _____

Helicobacter pylori (H. pylori) are the bacterium (germ) that causes most stomach and duodenal ulcers and many cases of stomach inflammation (chronic gastritis) & gastric cancer. Some patients have the bacterium but have no symptoms.

This test is Bulk Billed on Medicare-no out of pocket fee.

This is a short **15 minutes** painless procedure.

You will be swallowing a tablet with a sip of water on an empty stomach and after 10 minutes you will be blowing into a small bag. We will then test the results through a machine.

Do not take this test if you are pregnant.

If breast-feeding you should stop breast-feeding for three days following the test. Pumped milk should be discarded.

Preparation for the test for accurate results.

2 weeks before the test:

- No antibiotics, No proton pump inhibitors (e.g. Nexium, Pariet, Somac, Zoton, Losec)

3 Days before

- No Nizac or Zantac

24hrs before

- Stop antacids eg Gaviscon, Mylanta

Fast 6 hours before the test –please note:

- No water to be consumed during this period
- Please make sure not to swallow any water when you brush your teeth

Test result will read as :

Positive = infected with H.Pylori bacteria.

Negative= you do not have the H.Pylori bacteria.

Equivocal= results need to be repeated ensuring all the above information are followed accurately.

**Please advise us of any cancellations by calling Heidelberg Ph: 9455 0099.
Please feel welcome to park your car on our free extended car parking on-site.**