

BREATH HYDROGEN TESTS

for Fructose Malabsorption
Lactose Intolerance
and Bacterial Overgrowth

Your appointment dates and times -

LACTULOSE

LACTOSE

FRUCTOSE

GLUCOSE

PLEASE READ THIS INFORMATION WELL IN ADVANCE OF YOUR FIRST TEST

WHAT ARE THESE TESTS FOR?

If you suffer symptoms such as abdominal bloating, wind (flatulence), reflux, diarrhoea and/or constipation, and lethargy, this may be the result of your digestive system's inability to digest certain sugars commonly found in many of the foods we eat.

Breath Hydrogen can aid in the diagnosis of such intolerances and therefore assist in the future treatment and management of these symptoms.

HOW DO THE TESTS WORK?

The procedure for each test (Fructose, Lactose, Glucose and Lactulose) is simple. You need to perform each test on a different day, with a break of one full day (48 hours) between each test. At your breath test appointment you will be given a hydrogen breathalyser type device to breathe into. The first sample is recorded then you will be given a sugar solution to drink, after which another breath sample will be taken from you every 15 minutes over the next 2-3 hours. Many people complete the tests for Lactulose, Fructose, Glucose and Lactose within 2 hours, although some take around 3 hours. You may wish to bring along some reading material or other activity to help pass the time. Your referring practitioner will describe which of the test sugars (Fructose, Glucose or Lactose) you are to do.

However a control test (a Lactulose test) must be performed prior to any of these test sugars, to make sure you produce enough hydrogen gas. If you are a low or non-hydrogen producer with Lactulose you will be referred to Box Hill Hospital for methane gas testing.

HOW DO I PREPARE FOR THESE TESTS?

A restricted diet must be followed a full day prior to each test. This is clearly described further on in this leaflet. You must follow the diet strictly in order for the results of your tests to be usable.

WHAT IS THE DIET I MUST FOLLOW BEFORE EACH TEST?

The pre-test diet is outlined on page 3. It restricts foods that often cause symptoms of irritable bowel syndrome. It allows foods that are not readily fermented by bowel bacteria. It is essential that you follow the diet guidelines to ensure your breath test results are as accurate as possible. The pre-test diet must be followed for the full day prior to each test. A sample meal plan can be viewed overleaf.

ANTIBIOTICS—MEDICATIONS You must not take antibiotics for 2 weeks prior to testing. Please notify test staff if you have taken any antibiotics during the preceding 4 weeks. If any medication you are on is not absolutely necessary please abstain from taking it one full day prior to each test. This includes laxatives and anti-laxatives. Concentrated Lactobacillus tablets **must not be taken** two weeks prior to each test.

Anti-depressants and the Contraceptive Pill These do not need to be ceased. Please take as per usual

THIS DIET MUST BE FOLLOWED A FULL DAY BEFORE EACH TEST

THESE ARE THE ONLY FOODS YOU CAN HAVE THE DAY BEFORE YOUR TEST

Water (unflavoured, uncarbonated) Corn Flakes, Rice Bubbles, Lactose free milk (supermarket Long Life Milk section), Rice milk (in some Health Food stores) Sugar—**no artificial sweeteners**, Egg –Poached/boiled, Tea (**green/black only, not herbal**), Coffee –**no coffee substitutes**, Salt/Pepper, Corn thins, Rice Cakes, Margarine, Beef, Lamb, Ham Chicken, Fish – cook in small amount of oil

Mandarin, Kiwifruit, Strawberries, Orange, Pineapple, Rock melon—only eat 1 handful of any combination of these fruits in any 2 hour period.

Rice, Potato (peeled), Pumpkin, Carrot, Broccoli, Zucchini, Mushrooms, Avocado, Tomato, Lettuce (Balsamic Vinegar is permitted as a dressing), Breads—low fibre, “Early Harvest” and gluten free “Country Life” Breads recommended, Barley sugars, Jelly, Jam -(no artificial sweeteners), Vegemite.

NO ONION, GARLIC, stuffing, seasoning, gravy, flavouring, spices, condiments.

No Yakult or lactobacillus foods or supplement tablets at least 2 weeks prior to each test.

Alcohol—maximum day’s intake prior to 10pm on night before test—Wine 250ml; Spirits – 60ml; Beer (regular) - 200ml. **Mixing alcohol with soft drinks is not permitted. No artificial sweeteners.**

Please do not call our staff to see if there are other foods you can substitute for those listed as there is no substitution—thank you

You must fast (nothing to eat or drink) from 10pm the night prior to your tests. You are allowed to drink small amounts of water during this time. Do not smoke on the morning of your tests. Clean your teeth with water only. Avoid wearing perfume and deodorants as scent can interfere with results.

THE DAY BEFORE YOUR TEST:

There are certain foods you **must avoid** the day before your test. They are as follows:

- Dairy & soy products including milk, cheese, yoghurt, custard, ice-cream and cream
- Artificially sweetened foods and drinks including diet soft drinks, sugar-free gum, and sugar-free confectionery.
- Certain fruits and vegetables including apples, pears, bananas, watermelon, apricots, cherries, mangoes, tinned fruit, fruit juice, dried fruit, green beans, peas, asparagus, onion, leeks, garlic.
- Fibre-containing foods including wheat-based breads, pasta, cereals, crispbreads, bran, rye bread, oatmeal, legumes (baked beans, kidney beans, lentils, chickpeas)
- Honey • Laxatives of any type

Symptoms such as abdominal discomfort, flatulence, diarrhoea may be experienced as a result of these tests. You will be able to drive and work after your test.

A SAMPLE MEAL PLAN—THE DAY BEFORE YOUR TEST

Breakfast:

- Cornflakes or Rice Bubbles ± lactose free milk/rice milk only

- 3-4 strawberries/orange ■ Poached/boiled egg
- Tea/coffee ± lactose free milk/rice milk only

Lunch:

- Corn thins or rice cakes with meat, chicken, fish, egg and lettuce, carrot, avocado, tomato ■
- Margarine ■Mandarin or Kiwi fruit ■ Tea/coffee ± lactose free milk/rice milk only

Dinner:

- Meat/fish/chicken/egg ■ Rice/peeled potato
- Pumpkin, carrot, broccoli, zucchini, mushrooms
- Jelly or 3-4 strawberries
- Tea/coffee ± lactose free milk/rice milk only

Snacks:

- Fruits listed above ■ Low fibre Gluten-free breads (eg. Early Harvest and Country Life breads)
- Rice crackers
- Barley sugars ■ Corn thins with jam (made with sugar)

COSTS OF THESE TESTS

Each test (Lactulose, Fructose, Lactose, Glucose) costs \$55, or \$40 for each test if you hold a valid Pensioner, Student Discount or Healthcare card.

We accept VISA, EFTPOS, MasterCard, Cash or cheques.

Please make cheques payable to
 “The Digestive Health Centre”.
 A receipt will be given to you.

A Medicare rebate is not available for these tests. This cost is non-refundable.

CANCELLATION/POSTPONEMENT OF APPOINTMENTS

You are required to give at least 48 hours notice.
 Please contact the Digestive Health Centre on 9791 8788.

WHAT IF I HAVE DIABETES?

The test sugars used are not insulin reactive/provocative. The amounts are quite small and therefore are unlikely to provoke an insulin response, even for the glucose test. It is advisable to have glucose lozenges on hand if you find you need them during the testing.