



Hydrogen Methane Breath Test - Patient Information

This test requires you to remain at the laboratory or collection centre for **up to 3 hours. You will be unable to fill a parking meter during this time.**

Phone the laboratory or closest collection centre to make **an appointment**. This test is only performed in the morning preferably Monday to Thursdays only. You need to follow the instructions below in order for accurate results to be obtained.

The test is a painless and non-invasive procedure. You will be required to drink a small sample of carbohydrate mixed with water and then collect breath samples by exhaling into a bag. These samples are sent to the laboratory for testing and the results will be sent to your doctor.

You may experience some discomfort or develop symptoms such as diarrhoea, nausea and bloating during or after the test.

Please read through the guidelines below to ensure that you are able to take the test:

- This test will take 2 ½ hours to complete.
- You must not take this test if you are currently taking or have taken any antibiotics in the past 4 weeks.
- You must not take this test if you have had a colonoscopy within the last 4 weeks.
- You must not take this test if you have taken any probiotic supplements in the past 2 weeks.
- You cannot take laxatives for 3 days prior to this test.
- You cannot smoke for at least 6 hours prior to or during the test.
- **No chewing gum should be consumed on the day of testing.**
- **A low fibre diet must be followed for the 2 days prior to the day of testing. Avoid high fibre foods such as fruit, vegetables, wholegrain**

breads and cereals, nuts, seeds and legumes. Acceptable foods include meats (beef, lamb, pork, chicken, ham, turkey, fish and seafood), eggs, white rice, white pasta, white bread, semolina, tapioca, small amounts of margarine and olive oil, plain biscuits/cakes, black coffee and black tea(not herbal). Avoid dairy products as they contain lactose.

- You must fast overnight for at least 14 hours prior to this test. On the night before your test, eat your evening meal between 5 pm and 6 pm, and eat nothing afterwards.
- During the fasting period you may only drink water.
- Continue to take your usual medications the evening before, although any diabetes medication/insulin will need to be discussed with your GP prior to the procedure. The morning of the procedure take your normal morning oral medications on waking (6 am).
- **Please empty your bowels prior to your attending the collection centre. This prevents colonic gases from interfering with the measurements of breath hydrogen and methane produced by the test sugar digestion.**

Please note – these guidelines must be adhered to otherwise results of the testing may be invalid and the procedure may need to be repeated. If the procedure is repeated the patient will be responsible for payment of both procedures.

This test has an additional non-Medicare rebatable handling fee.

Appointment Date :

Time :

Collection Centre :

Phone Number :