

**Please read this brochure carefully before undergoing any testing.**

**It contains important information for you as a patient to obtain accurate results.**

### **Suggested Pre-Test Menu:**

This is a suggested menu ONLY please ensure you follow the guidelines listed in the Preparation.

#### **Breakfast:**

- Rye Bread
- Eggs (poached, fried, boiled)
- Pulp free orange juice
- Tea/ Coffee (no milk)
- Herbal tea
- Soy milk
- Jam/marmalade
- Peanut butter
- Vegemite
- Maple syrup
- Gluten Free Bread

#### **Lunch:**

- Rye Bread
- Corn Thins
- Rice crackers
- Red Meat, Chicken, Fish
- Eggs poached, fried, boiled)
- Gluten Free Bread
- Fruits:
- Banana (x1)
- Strawberries (x10)
- Rock Melon (2 slices)
- Grapefruit (x1)
- Lemon/lime (x1)
- Pineapple (2 slices)

#### **Dinner:**

- Red Meat, Chicken, Fish
- Eggs (poached, fried, boiled)
- Rye Bread
- Gluten Free Pasta
- Gluten Free Bread
- Rice
- Vegetables:
- Potato (peeled)
- Eggplant
- Broccoli
- Carrot
- Pumpkin
- Green beans
- Spinach
- Mushrooms

#### **Snacks:**

- Soy milk products
- Corn Thins
- Rice Crackers
- Pumpkin seeds
- Pine Nuts
- Cashews
- Sunflower seeds
- Oils & Herbs



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## **Small Intestinal Bacterial Overgrowth, Fructose and Lactose Intolerance Testing**

**An easy and simple way to diagnose malabsorption syndromes**



**Do you suffer from abdominal bloating, excessive gas, diarrhoea or abdominal pain?**

some reading material to occupy your time and also some food to eat as soon as your test is finished (particularly if you are diabetic).

## Breath Testing

These tests help diagnose Small Intestinal Bacterial Overgrowth or SIBO, fructose and lactose intolerances.

### Preparation:

Antibiotics and probiotics must be ceased 4 weeks prior to your test.

You cannot undergo colonoscopy or Barium Meal Enema procedures in the 4 weeks before your test.

**You must follow a restricted diet the day prior to your appointment to avoid a false result.**

The following foods cannot be consumed the day before:

- Dairy products including yoghurt, milk, custard, ice-cream.
- Fibre foods including bread, bran, oatmeal, cereals, pasta, baked beans etc.
- Peas, leeks, onions, asparagus.
- Apples, pears, apricots, cherries, mangoes, watermelon, tinned fruit, fruit juice (except pulp free orange juice), dried fruit, grapes.
- Artificially sweetened foods and drinks such as diet drinks, lollies, sugar-free gum.
- Laxatives.
- Fibre supplements such as Metamucil.
- NO Alcohol for a minimum of 24hrs prior to test.

*Please note: Some patients may experience side effects such as diarrhoea, vomiting, bloating and nausea from the tests*

## Fasting

**You will need to fast from Midnight the night before your test.** Drinking plain water is fine. If you are diabetic, you may want to consult your doctor for advice on how best to fast for the test.

On the morning of your test you cannot eat or smoke. Take your usual prescription medication with water. Brush your teeth thoroughly with water and toothpaste and rinse your mouth well. You may continue to drink small amounts of water leading up to the test.

## Testing

To ensure Lactose and Fructose testing results are accurate, you will be required to have an initial test to ensure that you do not have a condition called "Small Intestinal Bacterial Overgrowth" or SIBO. After the initial SIBO exclusion test result is available (which usually takes 10 days) and the result is *negative* (ie. you don't have SIBO), we will contact you to schedule the subsequent tests for Lactose and Fructose.

If the initial test indicate you may have SIBO, you are recommended to make an appointment to see one of our gastroenterologists for discussion if SIBO is in fact the underlying cause of your symptoms. It is not recommended that you proceed to Lactose or Fructose testing, as the results are not accurate if you do have SIBO. Your gastroenterologist may request further testing or discuss treatment of SIBO

You will need to allow 2-3 hours to complete the test. As it is a long time, you may wish to bring

## Appointment Information:

**\*\* We require 48hrs notice for all cancellations. \*\***

**Please leave a message if calling after hours for cancelling or rescheduling.**

### Lactulose:

**Date \_\_\_\_\_/Time\_\_\_\_\_**

### Fructose

**Date \_\_\_\_\_/Time\_\_\_\_\_**

### Lactose:

**Date \_\_\_\_\_/Time\_\_\_\_\_**

**You must complete all your tests within 4 weeks of your Lactulose test.**