

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
- 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
- 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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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?

****Please note we require 48 business hours notice for all cancellations****

Hydrogen Breath Testing

These tests help diagnose fructose and lactose intolerances or carbohydrate malabsorption.

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

You will be required to attend the rooms for 3 separate appointments on 3 different days and drink a sugar solution. We will measure the breath hydrogen levels for a period of up to 3 hours. **You will need to allow 2-3 hours to complete the test and you are required to remain at the rooms for this period.** As it is a long time, you may wish to bring 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).

Normal diet and activities can be resumed immediately after completing the tests. You will be able to drive afterwards.

Please Note: Appointment days vary between our centers, please confirm with staff upon your booking

Your Appointment Information:

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

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

Lactulose: \$50

Date _____/Time_____

Fructose: \$100

Date _____/Time_____

Lactose: \$100

Date _____/Time_____

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

What is a Lactulose test?

A Lactulose test is a control test.

Lactulose is a synthetic sugar that cannot be broken down by the small bowel. Instead, it is processed in the large bowel and hydrogen is produced. If, after taking Lactulose, there is no increase in hydrogen gas production it indicates that you do not have enough hydrogen-producing bacteria at the time of testing. Therefore, testing for lactose or fructose intolerance is not reliable as hydrogen gas is not produced. Repeat control testing may be required at a later date.