



# RESERVOIR PRIVATE HOSPITAL

## Breath Testing Referral

○ RESERVOIR  
73 -75 Pine Street  
Reservoir VIC 3073  
Phone: 9460-8855  
Fax: 9469-5927

○ COBURG  
253 Moreland Road  
Coburg VIC 3058  
Phone: 9383-5597  
Fax: 9384-1043

NORTHERN GASTRO HEALTH [www.rphdayprocedurecentre.com.au](http://www.rphdayprocedurecentre.com.au)

### HYDROGEN & METHANE BREATH TESTING

#### PATIENT DETAILS:

Surname: \_\_\_\_\_  
First Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
Phone: \_\_\_\_\_ Mobile: \_\_\_\_\_  
DOB: \_\_\_\_\_

#### SYMPTOMS / ASSOCIATED CONDITIONS:

- Abdominal bloating
- Excessive flatulence
- Diarrhoea
- Irritable Bowel Syndrome
- Coeliac Disease
- Crohn's Disease / Ulcerative Colitis
- Small Intestine Bacterial Overgrowth Syndrome
- Other: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

#### BREATH TESTS & APPOINTMENT DATES:

- LACTULOSE Date: / /
- LACTOSE Date: / /
- GLUCOSE Date: / /
- FRUCTOSE Date: / /
- SUCROSE Date: / /
- SORBITOL Date: / /

All patients should have a baseline Lactulose test determine if they are a Hydrogen producer.

For Bookings Call – Reservoir: 9460-8855

Coburg: 9383-5597 (All tests start at 9.00am)

REFERRING DR.: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Fax: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: / /

**PLEASE TURN OVER FOR PATIENT INSTRUCTIONS PRESENT THIS REFERRAL FORM WHEN YOU ATTEND FOR YOUR TEST**

#### PATIENT INSTRUCTIONS

A Hydrogen Breath Test helps diagnose malabsorption of lactose/ fructose/ sorbitol/ glucose, and small bowel bacterial overgrowth. Malabsorption of sugars found in common food product may cause gastrointestinal symptoms such as bloating, abdominal pain, flatulence and diarrhoea.

The test is painless and non-invasive and involves measuring breath hydrogen levels for a period of up to 3 hours. Only one test can be done per day.

Each test costs \$75 with no Medicare rebate available. Tests are payable on the day by EFTPOS, Visa, Mastercard, Bankcard or Cash only.

**TEST PREPARATION – Below are medications, medical procedures and food products which must be avoided prior to testing:** Following these instructions will ensure accurate and reliable results and will be checked on the day in order for your test to proceed.

##### 4 weeks before test:

- \* No Antibiotics.
- \* No Probiotics Supplements containing Lactobacillus, Bifidus, or Acidophilus bacteria (eg. "Inner Health Plus", "IBS Support", "ProFlora"). Yogurts and Yakult are OK.
- \* No Colonoscopy procedure.

##### 1 day before test:

- \* **NO Milk and Dairy Products.** Lactose-free milk (eg. Zymil), soy milk, and rice milk are OK.
- \* **NO Canned Fruit.**
- \* **NO High Fibre Foods** (eg. Wholemeal bread, bran, oatmeal, beans) and Fibre Supplements (eg. Metamucil).
- \* **NO Laxatives.**
- \* **NO Fruit Juice, Soft Drinks and Alcohol.** Only plain water, coffee or tea as drinks.

For further details see website: [www.rphdayprocedurecentre.com.au](http://www.rphdayprocedurecentre.com.au)

##### FAST from 9pm the night before test.

If you are diabetic, you may wish to consult your doctor for instructions on how to fast for your test. You may continue to drink plain water and take your usual prescription medication leading up to your test.

\*No smoking on the morning of test.

##### YOU MAY HAVE ANY FOOD OR MEDICATION THAT IS NOT LISTED ABOVE

Reception staff will refer you back to this patient information sheet if you phone. All tests are safe in children and pregnancy. Of your child is under 35kg in body weight please advise booking staff of approximate weight. For diabetics (including women with gestational diabetes) please consult your Dr. on how to best manage your diabetes during the test.

##### RE-SCHEDULE / CANCELLATIONS

Please advise us as soon as possible by calling – Reservoir: 9460-8855, Coburg: 9383-5597



FREE CAR PARKING ONSITE

For Bookings Call – Reservoir: 9460-8855, Coburg: 9383-5597