

HYDROGEN/METHANE BREATH TESTING REFERRAL FORM

Please perform the following tests:

- Lactulose * Lactulose is the control sugar, and must be tested to set the baseline for the other sugars.
- Fructose for Fructose Malabsorption
- Lactose for Lactose Malabsorption
- Glucose* for Small Intestinal Bacterial Overgrowth
- * Note: Diabetics are not suitable for Glucose breath testing
- Sorbitol for Sorbitol Malabsorption

To make a booking:



Please fax to:
(03) 9899 9137

Or phone (03) 9091 8827 (Monday to Friday 8am-1pm) Or, e-mail med-ehcs.receptionist@monash.edu

PATIENT DETAILS (PLEASE PRINT):

**CLINICAL QUESTION TO BE
ADDRESSED:**

Surname:		Sex: Male Female	
Given name:		Date of birth: / /	
Address:			
Postcode:		E-mail address:	
Phone:		Mobile:	
Able to cease medications? Yes <input type="checkbox"/> No <input type="checkbox"/>		If No, pls indicate which medication patient is to remain on:	
Do you wish patient to receive a copy of their results? Yes <input type="checkbox"/> No <input type="checkbox"/>			
Referred by:		Provider No:	
Address:			
Phone:		Fax:	
Signature:		Date:	

PATIENT INSTRUCTIONS:

How do I prepare for my tests?

A special diet needs to be followed for one full day prior to each of these tests. Information about this diet will be sent to you after you book your first test. You must follow the diet carefully or the results of your tests may not be accurate. Lactulose is the control sugar and is always tested first. Each test will take 3 hours to complete and must be done on separate days (with at least one full day's break between testing days). However, all tests should be complete within one month from the first lactulose control test.

Medications:

It is best if you are not taking any medications at the time of the testing. Please discuss ceasing your medications with your doctor prior to making a booking. If you are required to stay on your medications, the tests will most likely still be able to be conducted but please ensure your doctor indicates your medication requirements in the above referral. Anti-depressants and the contraceptive pill do not need to be ceased.

General information:

- Please avoid antibiotics or probiotics (eg: Yakult, Inner Health Plus) for **two weeks** prior to testing or during your tests
- Please do not take vitamins, minerals, laxatives, or anti-diarrhoeal agents **one full day** before each test, unless absolutely necessary.
- Please do not use a bowel preparation (as for a colonoscopy up to four weeks before tests).
- **Please be advised that there are costs associated with the running of these tests. Please contact us for more details. Cancellation policy applies if less than 24 hours' notice.**

Testing times & Location:

Monday, Wednesday & Friday – 8.00am, 10.00am & 12.00pm
Saturday morning – 8.00am, 10.00am
Breath Test Room, Level 1, 5 Arnold Street, Box Hill Vic 3128