

IMPORTANT INFORMATION ON BREATH TESTS

INTRODUCTION:

Hydrogen /Methane Breath Tests (or Carbohydrate Malabsorption tests) are used to diagnose intolerance to lactose and/or other complex sugars like lactulose, fructose (from fruits), maltose (from some starches) and sucrose (common table sugar which is rarely absorbed). It has also been used to indicate that some people are unusually sensitive to sorbitol, an artificial sweetener used in dietetic candy, sugar-free chewing gums and other dietetic foods.

This test is a painless and non-invasive procedure that takes 4 hours to complete for each of the item tested.

The test requires the patient to drink a small sample of the carbohydrate mixed with water and then to blow into a sample bag for collection of the breath sample. This expired breath is then used for analysis to get the test results.

At NT Medical Specialist we are able to undertake Hydrogen /Methane Breath Tests (or Carbohydrate Malabsorption tests) for measuring intolerance to Lactulose (Baseline test), Lactose, Sucrose, Fructose and Sorbitol.

Detailed patient instructions including information on medications, fasting and diet are attached on Page 2 of this document.

ESTIMATE OF MEDICAL FEES:

Each of the Hydrogen /Methane Breath Tests (or Carbohydrate Malabsorption tests) are charged at \$100/- and capped at a maximum of \$400/-. This is not a Medicare rebate able item. However, depending on the level of private health insurance cover a patient may be covered by their private health insurance, which must be verified and confirmed by the patient.

DECLARATION BY PATIENT OR GUARDIAN:

I understand that this is an estimate only and may be subject to variation as and when required. I acknowledge that it is my responsibility to pay the costs involved with the tests undertaken, irrespective of my level of cover with my private health fund. I further acknowledge that, I am liable to pay the full fee on the day of the tests

I understand and agree that I shall be responsible for and shall indemnify and keep indemnified NTMS from all costs, commissions, fees, charges, expenses including but not limited to legal expenses on a solicitor client basis incurred directly or indirectly by on or behalf of NTMS resulting from the calculation of demand for and collection of overdue monies considered by NTMS to be due and owing by me to NTMS including interest on such overdue monies. I understand that a credit enquiry may be carried out with a credit reporting agency. Should I fail to pay any outstanding accounts my details may be listed with a credit agency until the account is finalized.

Patient or Guardian's signature		Date	
Patient's or Guardian's full name			

IMPORTANT PREPARATION INSTRUCTIONS FOR BREATH TESTS

(DO NOT PERFORM TESTS IF THESE CONDITIONS HAVE NOT BEEN MET)

FASTING:

Patients must not eat anything (sips of water are OK) for 10 hours prior to testing.

MEDICATIONS:

Must not have taken any **Antibiotics or Concentrated Probiotics** for at least **2 weeks** before your tests:

For example:

Antibiotics - as prescribed by your doctor;

Concentrated Probiotics: Products such as IBS Support, Inner Health Plus or VSL#3 containing Lactic Acid Bacteria, Lactobacillus, Bifidobacterium, and Acidophilus.

While Yakult and Yoghurts contain probiotics, these foods are alright to keep eating, except on the day of diet, before each test.

Any medications other than Antibiotics/Probiotics:

Unless absolutely necessary, avoid taking any Vitamins, Minerals, laxatives or antilaxatives a full day before each test.

Anti-depressants and The Contraceptive Pill - Take as per usual.

Other issues: If you have had or are booked to have any exploratory tests (colonoscopy, gastroscopy) which requires you to take an 'intestine cleansing' solution, you cannot have your breath tests within one full month of taking this cleansing solution. Colonic irrigation is also not advised a full month before these breath tests.

PRE-TEST DIET:

This diet must be followed all day on the day before each test.

On the day before each of your tests you must only eat certain foods. This is to reduce the level of bacterial activity in your gut as this may cause false results.

Patients **can** eat any of the foods listed below on the day before your tests. You do not have to eat all these foods, and you can choose what you like and how much you want to eat from the foods on this list.

Only foods & drinks listed below may be consumed the day before testing

Drinks: Water (unflavoured, uncarbonated), Lactose free COW'S milk (can be found in supermarket Long Life Milk section), Rice milk, Coffee - Instant/Plunger are okay, but no coffee substitutes such as Caro, etc, Tea - Normal black tea with sugar (not herbal tea). No Soy Milk or Soy products

Breakfast Cereals: Corn Flakes, Rice Bubbles, Rice or Corn Cakes

Flavourings & Seasonings: Normal sugar (sucrose), Salt, Pepper.

Spreads: Margarine/Nuttelex, Vegemite, Jelly, Jam (no artificial sweeteners).

Meals: Egg - (Poached/boiled), Corn thins, Rice Cakes

Meats: (no artificial colouring/flavouring) - Beef, Lamb, Pork, Ham, Chicken, Turkey, Fish, Seafood – you can cook in small amount of olive oil - no processed meats

Bread: Low Fibre, Gluten Free Bread

Vegetables: Avocado, bean sprouts, broccoli, carrot, capsicum, cucumber, iceberg lettuce, sweet potato, tomato, baby spinach, turnip, squash, zucchini, potato, pumpkin, rice.

Fruit: Banana, blueberry, star fruit, cantaloupe, dragon fruit, grapefruit, kiwi fruit, lemon, mandarin, honeydew, orange, pawpaw, prickly pear, pineapple, raspberry, strawberry (max. 1 handful of any combination of these fruits in 2 hour period).

Please be aware - many canned and packaged foods and meals at restaurants have sauces, spices, onion flavouring, artificial sweeteners, soy products which you cannot have.

Alcohol: maximum day's intake prior to 10pm on night before test: Wine - 250ml; Spirits - 60ml; Beer (regular) - 200ml.