

Breath Hydrogen & Methane Tests for Fructose Malabsorption, Lactose Intolerance and Small Bowel Bacterial Overgrowth

Pre-test Conditions:

MEDICATIONS: You must not have taken any Antibiotics or Concentrated Probiotics at least 2 weeks before your tests: Descriptions of Antibiotics and Concentrated Probiotics are provided here:

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, Acidophilus.

While Yakult and Yoghurts contain probiotics, these foods are all right 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. You should only change prescribed medicines in full consultation with your doctor. 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 require you to take a 'intestine cleansing' solution (Bowel Prep), 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.



Examples of concentrated Probiotic products

You must not change your prescription medication without consulting your doctor

PRE-TEST DIET (for 'in-clinic' tests):

WHAT YOU CAN EAT & DRINK ON THE DAY BEFORE TESTS:

If your test is at 8am or 10am, you will need to fast from 10pm the night before your test.

If your test is at 12 noon, you can have a light breakfast (**made up only of foods listed below**), providing that you finish eating by 7am. An *example* of this light breakfast **in terms of volume** is as follows: 1 Cup Cornflakes & 1/2 cup Lactose Free COW's Milk & sugar & 1 Rice Cake & small amount of Nuttalex & Vegemite & 1 Cup of coffee/tea & small qty of Lactose Free COW's Milk & sugar.

You can drink small amounts of water between fasting from 10pm the night before and your test the next morning. A full day before each test you must only eat certain foods. This reduces the level of bacterial activity in your gut. You can eat any of the foods shown below on the day before your tests. You do not have to eat all these foods. You can choose what you like and how much you want to eat from this list.

THE PRE-TEST DIET: If it's not on this list, you cannot have it the day before your tests

Drinks: Water (unflavoured, uncarbonated), Lactose free COW'S milk, Rice milk, Coffee - Instant/ Plunger are okay, but no coffee substitutes (Caro, etc), Tea - Normal black tea with sugar (not herbal tea).

No Soy Milk or Soy products

Breakfast Cereals: Corn Flakes, Rice Bubbles, Rice/Corn Cakes (plain)

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

Spreads: Nuttalex, Vegemite.

Meals: Egg, Corn/Rice Cakes (plain)

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

Vegetables/Cereals: Bean sprouts, carrot, cucumber, zucchini, iceberg lettuce, sweet potato, tomato, baby spinach, turnip, squash, potato, pumpkin, rice, bok choy, celery.

Fresh Fruit: Banana, blueberry, star fruit, canteloupe, dragon fruit, grapefruit, kiwi fruit, lemon, mandarine, honeydew, orange, pawpaw, pineapple, raspberry, strawberry (max. 1 handful of any combination of these fruits in 2 hour period). No dried fruits.

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

Alcohol: maximum day's intake prior to 10pm on night before test: DRY Wine - 120ml; Spirits - 60ml.

Painkillers: Paracetamol-type painkillers only - eg: Aspirin, Dispirin, Panadol - These must be considered in relation to any other medications you are taking.

PLEASE NOTE: Many chewing gums and sweets contain artificial sweeteners, and must not be chewed or eaten on the day of the diet, or in the morning of your tests.