

# Hydrogen Breath Test

All Bookings and results: **9781 3090**



## PATHOLOGY REQUEST

HEAD OFFICE AND CENTRAL LABORATORY  
350 South Road Hampton East Victoria 3188

### Collection Centres

HAMPTON EAST	FRANKSTON	BAYSWATER	NARRE WARREN
OMNIPATH CENTRAL LABORATORY	BAYSIDE DAY PROCEDURE	BAYSWATER DAY	CASEY DAY PROCEDURE
SUITE 4, 350 SOUTH ROAD	& SPECIALIST CENTRE	PROCEDURE CENTRE	& SPECIALIST CENTRE
(ENTRY FROM HIGHBURY AVENUE)	141 CRANBOURNE ROAD	664 MOUNTAIN HWY	30-32 VERDUN DVE

Website: [www.directendoscopy.com.au](http://www.directendoscopy.com.au)

Title:	Patient Surname:	Given Names:		REQUESTING DOCTOR, PROVIDER NO. & ADDRESS, SURNAME & INITIALS:
Date of Birth:	Sex:	Practice UR Number:	Patient Phone No:	
Address:			Postcode:	
Medicare/Repat Number:				
Copies To:				

Clinical Details:
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TESTS REQUESTED:	
<b>Hydrogen Breath Test</b>	
<input type="checkbox"/> Fructose	
<input type="checkbox"/> Lactose	
DOCTOR'S SIGNATURE	DATE
X.....	...../...../.....

Your doctor has recommended that you use Omnipath Pathology. You are free to choose your own pathology provider. However, if your doctor has specified a particular pathologist on clinical grounds, a Medicare rebate will only be payable if that pathologist performs the service. You should discuss this with your doctor.

## Test Preparation

### 1 week before your test:

- No Oral and IV Antibiotics or Probiotics. Skin creams, eye and ear drops are OK
- No Colonoscopy or Barium Meal Enema procedures

### 1 full day before your test:

- No Milk and Dairy Products. Lactose-free milk (eg. Zymil®) soy milk and rice are OK
- No Canned Fruit and Honey
- No Garlic or Onion
- No Fruit or Vegetables
- No Fruit Juice, Soft Drinks, Sports Drinks and Alcohol
- No High Fibre Foods (eg. beans & legumes, bran, oats)
- No Fibre Supplements (eg. Metamucil®)
- No Laxatives
- No Processed Meat
- No Flavourings

### You can only have:

- Lactose free milk
- Tea or coffee
- Water or soda water
- Eggs
- Clear broth
- Chicken, without the skin
- Steamed or grilled fish
- Meat, but no processed meat and no flavourings

### Fast from 9pm the night before test:

You may continue to drink plain water leading up to the test

### On the morning of your test:

- No Smoking and Continue to Fast. Brush your teeth thoroughly with water ONLY (no toothpaste)
- Continue to take your normal medication with plain water
- Refrain from physical exercise for 1 hour before your test

The Test takes between 2 & 3 hours