

**PATIENT:**

Name \_\_\_\_\_ DOB \_\_\_ / \_\_\_ / \_\_\_

Address \_\_\_\_\_ Suburb \_\_\_\_\_

Postcode \_\_\_\_\_ Phone Number \_\_\_\_\_

Medicare No \_\_\_\_\_ (for Helicobacter pylori testing only)

**REFERRING DOCTOR:** (required for Helicobacter testing)

Name \_\_\_\_\_ Provider No \_\_\_\_\_

Address \_\_\_\_\_ Suburb \_\_\_\_\_

\_\_\_\_\_ Postcode \_\_\_\_\_

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

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

**TEST REQUIRED:**

Lactulose (compulsory first test) Date \_\_\_ / \_\_\_ / \_\_\_ Time: \_\_\_\_\_ Site: \_\_\_\_\_

Fructose Date \_\_\_ / \_\_\_ / \_\_\_ Time: \_\_\_\_\_ Site: \_\_\_\_\_

Lactose Date \_\_\_ / \_\_\_ / \_\_\_ Time: \_\_\_\_\_ Site: \_\_\_\_\_

Sorbitol Date \_\_\_ / \_\_\_ / \_\_\_ Time: \_\_\_\_\_ Site: \_\_\_\_\_

Glucose Date \_\_\_ / \_\_\_ / \_\_\_ Time: \_\_\_\_\_ Site: \_\_\_\_\_

Helicobacter pylori (requires a valid referral from a doctor) Date \_\_\_ / \_\_\_ / \_\_\_ Time: \_\_\_\_\_ Site: \_\_\_\_\_

**CLINICAL SYMPTOMS:**

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## Carbohydrate Breath Test Preparation

Please follow these instructions before each Hydrogen Breath Test to ensure accurate and reliable results.

For 4 weeks before each test

- No antibiotics
- No Colonoscopy or Barium Meal Enema procedures, or laxatives

One Day Before each test:

- **Do not have any Dairy or Wheat products or any of the following:**  
Milk, cheese, ice-cream, yoghurt wholegrain cereals, breads, onions, leeks, garlic, cabbage, beans, peas, bran, oats, canned fruit, fruit juice, soft drinks, sport drinks and alcohol.
- You may have **Lactose free milk** eg. Zymil, soy milk, rice milk are allowed.
- Fast from 9pm the night before the test, this means nothing to eat or drink except plain water.

You can continue to drink plain water prior to starting the test.

- Please brush your teeth prior to the test.

Please inform the staff in advance of the scheduled test if you are diabetic or have any special health needs.

Payment needs to be made at the time of the booking.

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## Helicobacter pylori Test Preparation (this test requires a valid referral from your doctor)

The Heliprobe test contains a trace amount of <sup>14</sup>C Labelled Urea and has no reported side effects and has TGA approval.

- Fast for 5-6 hours prior to the test
- No antibiotics for 4 weeks prior to the test
- No acid reducing treatments such as Proton Pump Inhibitors eg : Losec, Somac, Pariet, Nexium, Zoton for at least 1 week prior to the test, withhold H<sub>2</sub> Antagonists eg: Zantac, Tazac 1 day before test
- Children under 10, pregnant women or women who are breast feeding should be excluded from the test

This test is covered by Medicare.