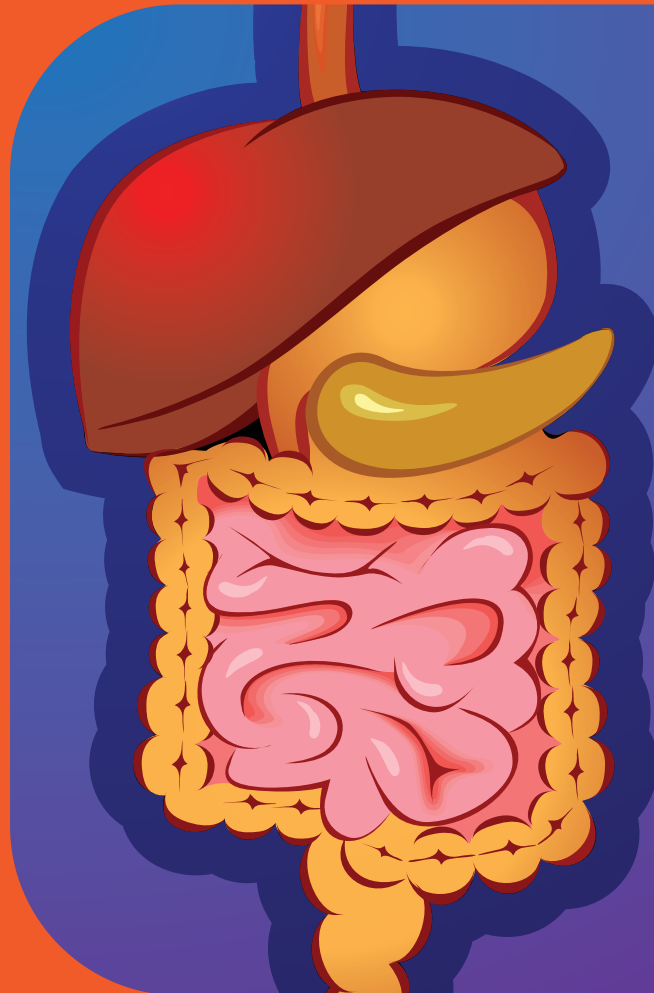




MELBOURNE  
GASTROINTESTINAL  
INVESTIGATION  
UNIT

## BREATH TEST PREPARATION



Patients with a 8.30am appointment must fast from midnight.

Patients with a 12.00pm midday appointment may consume plain rice/corn cakes & black tea/coffee prior to 8am on the day of appointment.

Water is permitted up until the time of your appointment. Do not smoke on the day of your test.

Please bring your referral to your appointment.

A single test involves drinking your nominated sugar solution and having your breath analysed every 30 mins for 3 hours.

### APPOINTMENTS - SUITE 35

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The total cost of each test (\$110) is payable on the day. Discounts apply to three or more tests. No Medicare or private health rebate apply.

Phone: 03 9508 1862

Fax: 03 9508 1864

Email: [reception@mgiiu.com.au](mailto:reception@mgiiu.com.au)

**Take a tour of our new website**  
**[www.mgiu.com.au](http://www.mgiu.com.au)**



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## NO ANTIBIOTICS OR PROBIOTICS FOR TWO WEEKS PRIOR TO TESTING

(e.g. VSL3, Inner Health Plus or IBS Support). Probiotic yoghurt is permitted until the day prior to your test.

You may take your usual prescribed medications. If you have used a bowel preparation for colonoscopy/surgery you must wait 1 week before undergoing your breath test.

**On the day prior to your appointment you are required to follow a restricted diet to avoid a false result by eliminating lactose & fructose from your food.**

You must only select foods from the list below to eat or drink on the day before your test.

### Drinks

- Water - not carbonated or flavoured
- Any lactose free milk e.g soy or rice milk
- Tea - not herbal, with/without sugar
- Coffee - with/without sugar
- Orange or pineapple juice – not artificially sweetened
- Only one glass of red/white wine is permitted (no beer)

### Food

- Breakfast cereals – gluten free (GF) corn flakes, GF rice bubbles, rice/corn cakes
- Fresh fruit – strawberries, cranberries, blueberries, raspberries, oranges, mandarins, grapefruit, lemon, pineapple, cantaloupe, paw-paw, banana, passionfruit or kiwi fruit (limit to one serve per meal)

- Toast made with GF bread or rice/corn cakes with jam (not artificially sweetened) or vegemite - no butter or margarine
- Poached/scrambled/fried egg made with lactose free milk - no butter or margarine
- Sandwich made with GF bread or rice/corn cakes (no butter, margarine or mayonnaise) with any of the foods listed
- Lean meat - lamb, beef, chicken, pork or fish. Stir fried is permitted (no soy sauce) and can be served with salad or any of the following vegetables cooked or uncooked
- Celery, chilli, cucumber, potato (no skin), lettuce, tomato, pumpkin, parsnip, carrot, broccoli, zucchini, sweet potato, spinach, green beans or capsicum
- White rice, rice noodles or rice pasta
- Olive oil, salt & pepper. Ordinary sugar - refined or raw
- Fresh herbs - basil, coriander, parsley, thyme & rosemary

Many canned or packaged foods and restaurants use sauces and flavourings which are not permitted. You cannot eat any artificially sweetened foods including gum.

