

# FOOD MAPPING

FOOD INTOLERANCE TESTING

## HYDROGEN AND METHANE BREATH TESTING

CONSULTING@131

131 CRANBOURNE - FRANKSTON RD  
LANGWARRIN VIC 3910

PHONE: (03) 9770 7189

FAX: (03) 9785 6062

WWW.FOODMAPPING.COM.AU

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### PATIENT DETAILS

NAME:

CONTACT NUMBER:

SEND COPY OF RESULTS TO:

### REFERRING DOCTOR / HEALTH PROFESSIONAL

NAME:

ADDRESS:

PHONE:

FAX:

### COMMON TESTS

LACTULOSE TOLERANCE TEST

LACTOSE TOLERANCE TEST

FRUCTOSE TOLERANCE TEST

### OTHER TESTS

GLUCOSE TOLERANCE TEST

SORBITOL TOLERANCE TEST

XYLITOL TOLERANCE TEST

XYLOSE TOLERANCE TEST

FRUCTOSE-SORBITOL  
TOLERANCE TEST

### PATIENT SYMPTOMS / CLINICAL INFORMATION

IRRITABLE BOWEL SYNDROME

DIARRHOEA/CONSTIPATION

EXCESSIVE WIND

BLOATING

ABDOMINAL PAIN

COELIAC DISEASE MONITORING

INFLAMMATORY BOWEL DISEASE

SMALL-INTESTINAL BACTERIAL  
OVERGROWTH SYNDROME (SIBOS)

FOLLOW-UP CONSULTATIONS FROM AN ACCREDITED PRACTICING DIETITIAN (APD) ARE AVAILABLE UPON REQUEST.

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**IF YOU HAVE ANY  
QUESTIONS OR  
CONCERNS  
PLEASE CONTACT US**

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## INFORMATION

A HYDROGEN OR METHANE BREATH TEST IS A SIMPLE AND PAINLESS WAY TO ASSIST IN DIAGNOSING SOME GASTROINTESTINAL DISORDERS INCLUDING;

- LACTOSE MALABSORPTION
- FRUCTOSE MALABSORPTION
- SORBITOL MALABSORPTION
- FRUCTOSE-SORBITOL MALABSORPTION
- SMALL-INTESTINAL BACTERIAL OVERGROWTH SYNDROME (SIBOS)
- COELIAC DISEASE MONITORING
- IRRITABLE BOWEL SYNDROME
- FOOD INTOLERANCES
- CHRONIC INFLAMMATORY BOWEL DISEASES

EACH TEST MUST BE PERFORMED ON A DIFFERENT DAY, AND ALL PATIENTS MUST FIRST COMPLETE A LACTULOSE TEST WHICH ACTS AS A CONTROL TO ASSESS HYDROGEN PRODUCTION AS WELL AS GASTRIC TRANSIT TIME.

ALL TESTS ARE SAFE FOR CHILDREN AND DURING PREGNANCY BUT STAFF MUST BE NOTIFIED UPON BOOKING APPOINTMENT.

## COSTS

ALL COSTS ARE PAYABLE ON THE DAY VIA CASH, EFTPOS OR CREDIT CARD.

ALL COSTS ARE NON-REFUNDABLE AND DO NOT OFFER A MEDICARE REBATE. CONCESSION RATES AVAILABLE.

## PREPARING FOR THE TESTS

### 4 WEEKS PRIOR TO THE TEST

IT IS IMPORTANT THAT YOU;

- DO NOT TAKE ANY ORAL OR IV ANTIBIOTICS (TOPICAL TREATMENTS INCLUDING EYE DROPS ARE OK)
- HAVE NOT HAD A COLONOSCOPY, COLONIC IRRIGATION OR BARIUM MEAL ENEMA
- DO NOT TAKE PROBIOTICS SUCH AS INNER HEALTH PLUS (YOGHURTS CONTAINING BACTERIA AND YAKULT ARE OK)

### 24 HOURS PRIOR TO THE TEST

IT IS IMPORTANT THAT YOU;

- AVOID DAIRY PRODUCTS (LACTOSE FREE DAIRY PRODUCTS, SOY AND RICE MILK ARE FINE)
- AVOID HIGH FIBRE FOODS SUCH AS WHOLEGRAIN CEREALS, BREAD, BEANS, OATS. THIS INCLUDES FIBRE SUPPLEMENTS SUCH AS METAMUCIL AND BENEFIBRE.
- AVOID CANNED FRUITS, FRUIT JUICE, SOFT DRINK, ALCOHOL AND HONEY
- DO NOT TAKE ANY LAXATIVES

A COMPREHENSIVE LIST OF FOODS AS WELL AS A SAMPLE MEAL PLAN WILL BE PROVIDED UPON BOOKING YOUR TEST.

### YOU MUST FAST FOR 14 HOURS PRIOR TO YOUR TEST.

PLAIN NON-CARBONATED WATER MAY BE CONSUMED RIGHT UP UNTIL THE TEST.

### ON THE TEST MORNING

DO: BRUSH YOUR TEETH THOROUGHLY WITH WATER ONLY (NO TOOTHPASTE), TAKE MEDICATIONS AS PER NORMAL WITH PLAIN WATER, BRING READING MATERIAL TO OCCUPY YOUR TIME WHILE YOU WAIT AS IT MAY TAKE UP TO 2-3 HOURS PER TEST

DO NOT: SMOKE ON THE DAY OF YOUR TEST, DO NOT EXERCISE IN THE HOUR PRIOR TO YOUR APPOINTMENT.

A DEPOSIT IS REQUIRED FOR ALL BOOKINGS. 24 HOURS NOTICE IS REQUIRED FOR CANCELLATIONS.