

FOOD MAPPING

FOOD INTOLERANCE TESTING

PATIENT INSTRUCTIONS

Consulting@131 has the latest, most advanced and most accurate Breath Test available.

Please follow these instructions carefully to maximize the accuracy of your results and contact us on 97707189 if you have any questions.

IDEAL TIMING OF YOUR TEST

Do not have the breath test done if;

- ***You have had a colonoscopy or colonic irrigation in the past 4 weeks***
- ***You are on antibiotics or probiotics or have had antibiotics or probiotics in the past 2 weeks (Probiotics includes Inner Health Plus, IBS Support)***
- ***Hereditary Fructose Intolerance is suspected (ask your GP prior to the test if you are unsure)***
- ***Your last Hydrogen breath test was done within 48 hours or less as all tests must be done atleast 48 hours apart and it is recommended that all testing is completed within one month of the first baseline test***

THE 24 HOURS PRIOR TO THE TEST

For the first 10 hours prior to the test

- ***No dairy (including no yoghurt) or soy products or certain fruits and vegetables***
- ***No onions, garlic, leaks, cabbage, beans, other legumes or similar foods.***
- ***The last meal should be small, and simple and not contain fibre***
- ***No artificial sweeteners, vinegar***

A LIST OF ALLOWED FOODS

Not allowed foods and example meal ideas are included at the end of this brochure

Then, for the last 14 hours prior to the test

- ***Nothing at all to eat, you may drink water***
- ***No cigarettes or chewing gum or alcohol***
- ***You may take your usual medication, but not vitamins, laxatives or antibiotics.***
- ***Do not use denture adhesive, but do brush your teeth.***

ON THE DAY

- *Do not undertake any strenuous activity prior to the test*
- *No smoking*
- *Arrive 15 minutes before the scheduled time.*
- *Allow 2 to 3 hours to complete the test*
- *No physical activity during the test*

HOW THE TEST IS DONE

- *All patients require a 'Baseline' test using lactulose prior to doing any other intolerance testing to ensure that you produce sufficient levels of Hydrogen, otherwise we will need to do a Methane breath test. This baseline test is also valuable to show your rate of Gut transit plus to identify if you have any Small Intestinal Bacterial Overgrowth (SIBO).*
- *To balance your hydrogen levels in your lungs, you will be asked to hold your breath for 15 seconds, and then slowly exhale into the breath analyzer.*
- *You will then be given a glass of water mixed with the sample of the substance being tested, eg Lactulose, Lactose or Fructose.*
- *The breath test is repeated, usually every 15-30 minutes for 2-3 hours.*
- *Your test results will be professionally interpreted and available within 48 hours.*
- *Each suspected intolerance is measured separately and these tests cannot be done within 48 hours of each other for improved accuracy.*

NOT ALLOWED FOODS

on the pretesting diet

- *Cereals and Grains - High fibre foods including; oats, bran, most breads and cereals, pasta, crackers, legumes (lentils, beans, chickpeas)*
- *Dairy foods - milk, yoghurt, soft cheese, ice cream, custard*
- *Vegetables- Onion, Leek, garlic, Peas, beans, asparagus.*
- *Fruits- apples, cherries, mangos, apricots, pears, watermelon, grapes, dried fruits, fruit juice, tinned fruit.*
- *Condiments and flavourings - spices, marinades, gravy and sauces , Honey*
- *Misc - Fibre supplements such as benefibre and Metamucil, Laxatives, Probiotics including Yakult, Sugar free Chewing gum*
- *Drinks – Soft drink, Artificially sweetened drinks (eg diet soft drink) herbal teas, coffee-substitutes*

ALLOWED FOODS

on the pretesting diet

- *Cereals and Grains - Cornflakes or rice bubbles, rice, rice noodles, rice crackers, corn thins, Country life Rye bread, Gluten free white bread.*
- *Dairy - Lactose Free milk, rice milk, soy milk (small amounts only), hard cheese*
- *Protein Foods - Plain chicken/meat/fish/seafood, boiled or poached eggs*
- *Fruits – mandarin, oranges, rockmelon, pineapple, strawberries, kiwifruit*
- *Vegetables – broccoli, mushrooms, tomato, lettuce, carrot, avocado, peeled potato, pumpkin*
- *Sauces/condiments – vegemite, jam (not the diet variety), salt and pepper, table sugar, soy sauce, balsamic vinegar.*
- *Drinks - water, green tea, black tea, coffee (with lactose free, soy or rice milk)*

NOTE

Please do not call our staff to see if there are other foods you can substitute for those listed above as there is no substitution and test results may not be accurate if this diet is not strictly adhered to for the 24 hours prior to the test.

EXAMPLE MEAL IDEAS

on the pretesting diet

<h3>BREAKFAST</h3>	<ul style="list-style-type: none"> • <i>Cornflakes or rice bubbles with lactose free milk, rice milk, soy milk</i> • <i>Poached or boiled eggs with tomato and spinach</i> • <i>Country life Rye bread or Gluten Free white bread with vegemite, jam or margarine</i> • <i>Tea or coffee with soy milk or rice milk</i>
<h3>LUNCH</h3>	<ul style="list-style-type: none"> • <i><u>Sandwich</u> -using Country life Rye Bread or Gluten Free bread, and top with your choice of;</i> <ul style="list-style-type: none"> ○ <i>Meat/fish/chicken (not marinated)</i> ○ <i>Eggs</i> ○ <i>Hard cheese</i> • <i><u>Salad</u> - carrot, lettuce, tomato, cucumber, avocado, mushrooms with balsamic vinegar as dressing – can add tuna/chicken/meat/eggs to salad</i> • <i>Piece of fruit</i>
<h3>DINNER</h3>	<ul style="list-style-type: none"> • <i><u>Stir fry</u> – chicken/beef/pork with carrot, zucchini, mushrooms and broccoli, flavoured with some soy sauce and served with plain white rice</i> • <i><u>Classic meat and Roast Veg</u> – Your choice of Meat/chicken (not marinated) served with roast Vegetables – lightly toss zucchini, potato (peeled), pumpkin, carrot, mushrooms with some olive oil and roast in the oven.</i> • <i><u>Chicken Salad</u> - carrot, lettuce, tomato, cucumber, avocado, mushrooms with balsamic vinegar as dressing and topped with boiled eggs</i> • <i>Jelly (not diet variety) and Fresh Fruit</i>
<h3>SNACKS</h3>	<ul style="list-style-type: none"> • <i>Fruit – mandarine/orange/strawberries/rockmelon</i> • <i>Lactose free milk/soy/rice milk</i> • <i>Hard cheese</i> • <i>Rice cakes or rice crackers</i> • <i>Corn thins with vegemite or jam</i> • <i>Jelly (not the diet variety)</i>