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PATHOLOGY REQUEST

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

Hydrogen Breath Test

All Bookings and results: **9781 3090**

Title:	Patient Surname:	Given Names:	
Date of Birth:	Sex:	Practice UR Number:	Patient Phone No:
Address:			Postcode:
Medicare/Repat Number:			

REQUESTING DOCTOR, PROVIDER NO. & ADDRESS, SURNAME & INITIALS:

Copies To:

Clinical Details:

TESTS REQUESTED:

Hydrogen Breath Test

- ☐ Fructose
- ☐ Lactose
- ☐ Lactulose

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.

DOCTOR'S SIGNATURE

DATE

X_-----/-----/-----

Test Preparation

1 week before your test:

- No Oral and IV Antibiotics or Probiotics. No Yoghurt. 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 milk 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, bread, rice, pasta, cereal)
- No Fibre Supplements (eg. Metamucil®)
- No Laxatives
- No Processed Meat
- No Flavourings or Sugar

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

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

The Test takes between 2 & 3 hours