

DAY OF TEST

FAST FOR 12 HOURS – nothing to eat

- It is okay to drink water before and during your test.
- Withhold your usual medications until completion of test.
- No smoking until the completion of your test.
- A single test involves drinking a sugar solution and providing a breath sample every 30 minutes for three hours (glucose is two hours only).
- The total cost of each test is payable on the day of collecting the kit/s. Breath testing is not covered by Medicare or by private health insurance.
- An out of hours drop box is available for returning completed test kits. This is located beside the entrance to Suite 35. Please ensure these samples are returned within 7 days for analysis.



Melbourne Gastrointestinal Investigation Unit (MGIU)

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Melbourne
Gastrointestinal
Investigation
Unit



Breath test preparation

Preparation: PRE-TEST

No antibiotics or probiotics for two weeks prior to testing.

You may take your usual prescribed medications.

If undergoing 2 or more breath tests, these must be performed on separate days with at least a day between.

Do not perform your tests on the same day.

Please note; breath tests will be performed at home at a time convenient to you.

There are some occasions where the breath test appointment can be completed onsite at MGIU, please discuss this with staff upon booking.



Preparation: THE DAY BEFORE

On the day prior to your appointment, you must follow a restricted diet as detailed below.

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
- Lactose free milk (eg. soy, almond, rice, coconut)
- Tea – (not herbal), with/without refined or raw sugar
- Coffee – with/without refined or raw
- Orange or pineapple juice (not artificially sweetened)
- Only one glass of red/white wine or spirits are permitted (no beer)

Food

- Breakfast cereals – gluten free (GF) rice bubbles, GF cornflakes
- Toast – made with GF bread or rice cakes with jam, peanut butter, margarine or vegemite (no butter)
- Eggs – boiled, fried, or poached
- Sandwich made with GF bread or rice cakes (no

- butter) with any of the fillings listed
- Plain rice crackers, GF cruskits, plain potato chips
- Fresh fruit – strawberries, cranberries, blueberries, raspberries, oranges, mandarins, grapefruit, lemon, lime, pineapple, cantaloupe, pawpaw, banana, passionfruit or kiwifruit (limit to one serve per meal)
- Lean meat – lamb, beef, chicken, pork, plain tuna or fish. Stir-fry is permitted (no soy sauce) and can be served with salad or any of the listed vegetables (cooked or raw)
- Celery, cucumber, potato (no skin), lettuce, tomato, pumpkin, parsnip, carrot, broccoli, zucchini, sweet potato, spinach, green beans, capsicum, kale, eggplant, beetroot, avocado, bok choy
- Tofu, tempeh, quinoa, polenta
- White or brown rice, rice noodles or rice pasta
- Olive oil, salt & pepper
- Fresh herbs – basil, coriander, parsley, thyme, rosemary, chilli, chives, ginger

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