

## FRUCTOSE MALABSORPTION

Fructose is a sugar found in varied amounts in foods and is also known as a 'simple sugar', 'monosaccharide' or 'fruit sugar'. Fructose is found naturally in fruits but can also be found in vegetables and wheat. Fructose malabsorption (FM) is when the body is unable to absorb fructose in the small intestine. The unabsorbed fructose travels down into the large intestine where it is broken down by bacteria. In the breakdown process, gases and short chain fatty acids are produced. This is the cause of the most common symptoms of fructose malabsorption which are bloating and diarrhoea.

## LACTOSE INTOLERANCE

Lactose intolerance means the body cannot easily digest lactose, a type of natural sugar found in milk and dairy products. This is not the same thing as a food allergy to milk. When lactose moves through the large intestine (colon) without being properly digested, it can cause uncomfortable symptoms such as gas, abdominal pain, and bloating. Some people who have lactose intolerance cannot digest any milk products. Others can eat or drink small amounts of milk products or certain types of milk products without problems.

## SIBO

SIBO (small intestinal bacterial overgrowth) is an imbalance of the microorganisms in your gut that maintain healthy digestion. When too many bacteria, or the wrong kind, populate the small intestine, it can lead to uncomfortable symptoms such as gas and diarrhoea. It can also inhibit your ability to digest and absorb nutrients from food.

### APPOINTMENT DETAILS

#### FRUCTOSE

Date: ..... Time: .....

#### LACTOSE

Date: ..... Time: .....

#### SIBO

Date: ..... Time: .....

### LOCATIONS

Noble Park North

Other:

330 Police Road, Noble Park North

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# MDC

## MELBOURNE DIGESTIVE CENTRE

GASTROENTEROLOGY & HEPATOLOGY

## HYDROGEN BREATH TESTING



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## WHAT IS HYDROGEN BREATH TESTING?

- Hydrogen Breath testing is used to diagnose Lactose and/ or Fructose Intolerance which can cause symptoms including abdominal bloating, abdominal discomfort, flatulence or diarrhoea
- Hydrogen Breath testing is simple, painless and non-invasive, and completed by one of our technicians at the rooms
- The test may take 2-3 hours. Please allow sufficient time to complete the test
- The Lactose test needs to be done on a separate day to the Fructose test
- The day before the test you will receive an SMS to confirm your appointment and 24hr notice needs to be given for cancellation
- You may wish to bring a book or activity to occupy your time
- You may resume normal activities and diet after your test
- If you are diabetic you may want to bring something more sustainable for after the test to eat. Please consult with your doctor regarding your Diabetes medication for the day of your test as you will be required to fast

## HYDROGEN BREATH TEST PREPARATION

### For 4 weeks prior to the test

No Antibiotics

No colonoscopy or barium meal

### For 2 weeks prior to the test

No supplements such as Inner Health Plus or IBS support

### For 2 days prior to the test

Stop taking all laxatives and stool bulking agents such as: Coloxyl, Senna, Metamucil, Fybogel

### The Day prior the Test

Do Not have any of the following:

Dairy or Wheat products, onions, leeks, garlic, cabbage, beans, peas, bran, oats, canned, fruit, fruit juices, soft drinks,

Use only Liddells or Zymil brand Lactose free milk (No Soy milk)

## RECOMMENDED DIET THE DAY PRIOR TO TEST

### Breakfast:

- Gluten free or rye bread or wraps only
- Boiled or poached eggs
- Cornflakes or Rice Bubbles – Lactose free milk only
- Water, Tea, Herbal Tea or Coffee
  - Black or with Lactose free milk only
- Spread allowed – Nuttalex margarine, Vegemite, Peanut Butter

### Lunch:

- Gluten free/Rye bread or wraps • Nuttalex margarine
- Fillings - Ham/Chicken/unflavoured Tuna/Salmon or egg, lettuce, carrot, mushrooms,
- One piece of fruit – Banana, Kiwifruit or Orange (only)
- Water, Tea, Herbal Tea or Coffee
  - Black or with Lactose free milk only

### Dinner:

- Meat/Fish/Chicken grilled, fried or roasted (olive oil only)
- Plain white/ brown Rice or rice noodles
- Pumpkin, Carrot, broccoli, Zucchini, Capsicum, Eggplant, Salt and Pepper
- One piece of fruit – Banana, Kiwifruit or Orange (only)
- Water, Tea, Herbal Tea or Coffee
  - Black or with Lactose free milk only

### Snacks:

- Plain Rice cakes/crackers (no seasoning) with vegemite
- Ryvita biscuits with Nuttalex and/or Vegemite or Peanut butter
- Water, Tea, Herbal Tea or Coffee
  - Black or with Lactose free milk only

## Fasting from Midnight the night before the test

### The Morning of your Test – Water only

If you are also having a Heliprobe test please ensure nothing to eat or drink for 6 hours prior

### Ensure you brush your teeth

### No Smoking