



Welcome. Follow these instructions carefully. If you are under age 18, below 35kg in weight, pregnant or diabetic, these tests may not be suitable for you unless supervised by a medical practitioner. For more information go to : [www.fitkit.com.au](http://www.fitkit.com.au)

### 1. The Test:

*If testing for more than one sugar do them in this order: Lactulose, Fructose, Lactose, Sorbitol, SIBO, others*

You will need to plan ahead so that you have 3 uninterrupted hours on the day of each test.

There are 3 parts to each test:

Before the Test, Doing the Test, After the Test

Take your usual medications unless stated otherwise

### 2. Before the Test:

*4 Weeks before:* You must not take any colonoscopy bowel cleansing preparation, have a barium enema or have colonic irrigation during this time.

*2 Weeks before:* You must not take any antibiotics or probiotics.

*1 Day before:* You will follow a simple diet on the day before the test.

*The night before:* No food after 10.00pm. Water is ok

### 3. The day before diet suggestion:

A suitable diet is listed here, or you can use the "allowed food" list. *Do not* eat from the "not allowed" list.

#### Breakfast:

Boiled eggs  
Strawberry, pineapple, kiwi fruit salad  
Jam, Vegemite and margarine on Rye bread

#### Lunch:

Rye bread sandwich with margarine  
Fillings: Chicken, beef or ham  
Lettuce, tomato, cucumber

#### Dinner:

Chicken, beef or fish  
Steamed rice  
Salad: lettuce, tomato, cucumber. No dressing.  
Vegetables: potato, pumpkin, carrot, broccoli

**Drinks:** Water, black tea and coffee. No alcohol.

**Snacks:** Rye bread with jam or margarine  
Fresh fruit: banana, orange, pineapple

### Not allowed the day before:

Dairy products: milk, yoghurt, cheese  
Vegetables: pea, bean, onion, garlic, cabbage  
Grains: wheat, oats, bran  
Fruit: tinned fruit, stone fruit, apple, pear  
Fruit juice, soft drink, alcohol, honey hewing gum  
No laxatives including fibre supplements

### Allowed the day before:

Water, black tea, black coffee

Margarine, vegemite, rye bread only

Eggs: boiled, poached

Any unprocessed meat

Rice

Vegetables:

avacado, bean sprouts, broccoli, carrot,  
capsicum, cucumber, lettuce,  
tomato, potato, pumpkin, rice

Fruit: banana, canteloupe, grapefruit, kiwifruit,  
lemon, orange, pawpaw, pineapple, strawberry

### 4. To catch a breath sample:

Take the cap off the sample tube and keep it handy

Breathe in normally and hold for about 5 seconds

Place the straw to the bottom of the sample tube then gently breath out completely through the straw into the sample tube

When you have breathed out completely into the tube remove the straw from the tube

Quickly replace the cap and gently tighten. That's it!

### 5. Doing the test:

The test takes 3 hours. Fill out the checklist.

Do it in the morning after an overnight fast of 10 hours

- Take usual medicines. Brush teeth with water. No lipstick. No perfume.
- Take the first sample in the tube with the colored top marked: T=0, then within 5 minutes:
- Mix test sugar in 250ml warm water and drink.
- Take further breath samples every hour
- Label the further tubes: 1hr, 2hr, 3hr with the stickers provided *as you go*. Write the time the sample was taken on the labels as you go.

During the test: No smoking from 2 hours before, no vigorous activity, no sleeping, no food or drink or water.

### 6. After the Test:

Return to your usual diet and activity.

Check all the tubes are closed and labeled correctly.

Complete the checklist. Seal and return everything in the reply paid packaging.

### 7. Results:

Your results are emailed within 7 days of sample return.

You will need to take your results to your health practitioner for clinical interpretation and consultation