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HYDROGEN & METHANE BREATH TEST RESULTS

Date: 12 February 2024
 Practitioner: Dr Geetha Venkatram
 Patient Details: Camryn Mountney

Fax: 03 5784 3481
 Patient DOB: 17/11/05

TEST	DATE	TIME 0min	30min	60min	90min	120min	150min	180min	SYMPTOMS *
Fructose									
H ₂ (ppm)	3/02/24	48	51	86	99	78	94	79	1,3
CH ₄ (ppm)		18	19	23	27	23	24	23	
Lactose									
H ₂ (ppm)	5/02/24	27	27	20	21	18	20	20	
CH ₄ (ppm)		16	14	13	12	12	12	12	

CONCLUSIONS:

Positive for fructose malabsorption.

Negative for lactose malabsorption.

* **SYMPTOMS:** 1. Abdominal bloating 2. Abdominal pain 3. Flatulence 4. Diarrhoea
 Symptoms experienced post-test are not recorded. **Note:** intolerance is malabsorption *with symptoms*.

SMALL INTESTINAL BACTERIAL OVERGROWTH (SIBO) RESULT INTERPRETATION:

Lactulose: ≥10ppm above baseline in the first 60mins suggests evidence of small intestinal bacterial overgrowth.
 Oro-caecal transit time is indicated by ≥10ppm rise after lactulose challenge. Normal oro-caecal transit time in healthy adults is 90-120min.
Glucose: ≥12ppm above baseline suggests small intestinal bacterial overgrowth.

SUGAR MALABSORPTION RESULT INTERPRETATION:

Methane (CH₄) gas: unequivocally positive: 12ppm above baseline.
 Hydrogen (H₂) gas only: unequivocally positive: 20ppm above baseline.
 As a guide only, an increase of 20-40ppm above baseline indicates mild malabsorption, 40-80ppm moderate malabsorption, and >80ppm severe malabsorption.

Hydrogen (H₂) and Methane (CH₄) gases are measured on all breath samples, guided by Carbon Dioxide (CO₂) concentration for quality assurance. The type of gas produced simply reflects the patient's gut microbiota. False negatives may occur if there is recent history of antibiotics or colonoscopy.

Baseline: H₂ and CH₄: 0min or 30min value (whichever is lowest). **High baselines** >30ppm may suggest incorrect test preparation or SIBO.
 N/A = invalid or missing sample.

Results reviewed by supervising pathologist before report issued – VIC • NSW • ACT • QLD • SA • WA

Results are to be interpreted along with patient clinical details. Specialist dietary advice may assist management.



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HYDROGEN & METHANE BREATH TEST RESULTS

Date: 25 January 2024

Practitioner: Dr Geetha Venkatram

Patient Details: Camryn Mountney

Fax: 03 5784 3481

Patient DOB: 17/11/05

TEST	DATE	TIME 0min	30min	60min	90min	120min	150min	180min	SYMPTOMS *
Lactulose									
H ₂ (ppm)	20/01/24	21	14	44	62	77	70	71	
CH ₄ (ppm)		5	4	13	16	18	16	19	

CONCLUSIONS:

Evidence of small intestinal bacterial overgrowth after Lactulose challenge. Lactulose is superior to glucose in detecting distal small intestinal bacterial overgrowth.

* SYMPTOMS: 1. Abdominal bloating 2. Abdominal pain 3. Flatulence 4. Diarrhoea
 Symptoms experienced post-test are not recorded. Note: intolerance is malabsorption with symptoms.

SMALL INTESTINAL BACTERIAL OVERGROWTH (SIBO) RESULT INTERPRETATION:

Lactulose: ≥10ppm above baseline in the first 60mins suggests evidence of small intestinal bacterial overgrowth.

Oro-caecal transit time is indicated by ≥10ppm rise after lactulose challenge. Normal oro-caecal transit time in healthy adults is 90-120min.

Glucose: ≥12ppm above baseline suggests small intestinal bacterial overgrowth.

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