



HUNTERDON DIGESTIVE HEALTH

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Fructose Malabsorption Pre Testing Instructions

_____ is scheduled for a Fructose Malabsorption Breath Test
(PATIENT NAME)

at the HDH office on _____ at _____ AM.

This is a time sensitive test. Please arrive at your scheduled time. If you arrive 15 minutes late, you may be asked to reschedule your appointment. **The test takes 3 hours to complete.** Bring reading materials, laptop, crafts to help pass the time.

Patient Instructions and Pre-Conditions:

1. The day before testing, **do not eat slowly digesting foods like beans, bran or other high fiber.**
2. **Fast after midnight**, with no food or water to drink before testing. The patient may brush their teeth but must spit out toothpaste (do not swallow).
3. You should **NOT smoke, sleep or exercise vigorously for at least 1/2 hour before, or at any time during testing.**
4. If you've had any recent **antibiotics and / or diarrhea**, false positive reading may result. Make the nurse aware of such conditions if they have occurred.

In order for the test to be accurate you should **not** take

Antibiotics for 7 days before the test
Probiotics for 10 days before the test

Please call the office if you start any of the above medications or, if you have questions about your current medications interfering with the test.

PREPARING FOR PROCEDURE:

1. **Fast after midnight** (nothing to eat or drink).
2. Take 12 oz. of Coke, Pepsi or other soda (except diet drinks) **2 1/2 hours** before the office visit.