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Patient Instructions for Fructose Malabsorption Test

You are being tested to see if you are intolerant to fructose. Fructose is a sugar naturally found in fruits, fruit juices, honey, and some vegetables. It is a basic component in table sugar (sucrose) and high fructose corn syrup that sweeten many processed foods and beverages.

If you are intolerant of fructose, your digestive system doesn't absorb fructose properly and abdominal pain, diarrhea, and gas can result.

It is important to tell your doctor if you are taking any antibiotics or probiotics as these medicines can affect the test. You must be off antibiotics and probiotics at least 10 days before the test.

Testing Instructions

Avoid slowly digesting foods like beans, bran, or high fiber breads and cereals on the day before the test.

You must fast after midnight the day before the test. This means no food and only water to drink before the test. You may brush your teeth on the day of the test but spit out the toothpaste.

You **may not** smoke, sleep, or exercise vigorously for at least $\frac{1}{2}$ hour before the test.

On the day of the test:

Drink **12 oz** of Coke, Pepsi or other sodas (NO diet drinks) **three hours** before the test.

When you come to the office a breath sample is collected and analyzed. The collection will take less than 5 minutes.

You will be instructed to take a deep breath of air, hold it for 5 seconds and blow into the mouthpiece in a slow and steady manner until all of the air is out of your lungs.

You will be informed of the results of the test after your doctor has reviewed them.