

GREATER BOSTON GASTROENTEROLOGY

George Dickstein, MD

Steven N. Fine, MD

Andres D. Mogollon, MD

Jaime A. Oviedo, MD

Mark A. Painter, MD

Greta Taitelbaum, MD CM FRCP(C) FACP

Heidi Peters, RN/C-ANP

Website: <http://www.greaterbostongi.com>

Phone: (508) 620-9200

Facsimile: (508) 620-6483

FRUCTOSE BREATH TEST PREPARATION

You are scheduled for a **Fructose Breath Test** on:

_____ at: _____

PREPARATION for the test:

1. No food or liquids for at least 12 hours before the test. You may have water to drink.
2. No high-fiber or slowly digesting foods the day before the test. For example: bran, coarse breads, nuts, beans and similar vegetables.
3. No smoking at least 1/2 hour before the test.
4. No sleeping or vigorous exercising for at least one hour before, or during the test.
5. No antibiotics for 2 weeks prior to test.
6. Notify (or remind) the Doctor or Nurse Practitioner of any recent antibiotic treatment and/or runny diarrhea.

When you come in for the test, you will be asked to drink the sugar-water solution. Samples will then be taken of your exhaled breath at intervals. As comparison, a breath sample will be taken before you drink the solution. The procedure is simple and painless; it involves no needles. The entire test requires several samples taken over a period of about 3 hours. During this time, you may engage in quiet activity while waiting between samples. No food or liquids may be eaten during the test.