



## Gastroenterology Division

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### Preparing for Your Fructose Intolerance Test

#### Please Read ALL Instructions Carefully

Advise your physician if you have been taking antibiotics in the last 30 days.

#### The Day Prior to the Test

- Avoid beans, bran or other high fiber cereals, muffins, etc.
- Do not eat any food **12 hours** before your scheduled test.
- You can drink water until midnight.

#### The Morning of the Test

- You may brush your teeth, but not swallow. Do not use mouthwash.
- Do not smoke, avoid exercise of any kind, do not chew gum or mints.
- Do not eat breakfast.
- You may take your medications with a sip of water.

Drink 12 ounces of Coca Cola or Sprite (non-diet) one hour before the test, **then nothing by mouth.**

#### Upon Arrival to the Office

- You may come alone.
- You will need to breathe into the monitor **four times, every 30 minutes.**

**Please be prepared to be here for at least 2 hours.**

Patient Name: \_\_\_\_\_

Scheduled Date and Time: \_\_\_\_\_

Prep given by: \_\_\_\_\_