

Gastroenterology & Hepatology Associates of Mid-Michigan PC  
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### FRUCTOSE BREATH TEST

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

Appointment Date \_\_\_\_\_ Appointment Time \_\_\_\_\_

#### PATIENT PREPARATION

- You should **NOT** have had a colonoscopy or barium enema 4 weeks prior.
- Do not eat or drink for 8 hours before the exam. You may drink water up to 1 hour before the test.
- No gum chewing
- No smoking
- Do not use this test if you are taking any **ORAL** broad-spectrum antibiotics or bismuth preparations such as Pepto Bismol within 2 weeks prior to using this test.
- Avoid all Laxatives, stool softeners, or stool bulking agents such as Colace, Milk of Magnesia, Ex-Lax, Metamucil, or Citrucel 1 week prior to this test.

**Please do not wear any perfume or aftershave**

#### THE TEST

- The exam will last approximately 3 ½ hours.
- First you will be asked to blow into a special test tube.
- This is followed by drinking 8 ounces of the Fructose Solution.
- You will then blow into tubes every hour for three hours.
- You will not be able to eat or drink anything during the test.

Your test results will be available by calling the office one week from the date of the test.

**If you have any questions please call our office at 989-839-0750**

**Thank You**