

FRUCTOSE BREATH TEST

PATEINT NAME: _____

DATE: _____

YOU HAVE BEEN SCHEDULED FOR A GASTROINTESTINAL DIAGNOSTIC PHYSIOLOGY TEST CALLED A FRUCTOSE HYDROGEN BREATH TEST.

WHY AM I HAVING THIS TEST?

YOUR DOCTOR HAS ARRANGED THIS TEST TO EVALUATE FOR FRUCTOSE MALABSORPTION, WHICH CAN CAUSE THE ONSET OF COMMON GASTROINTESTINAL SYMPTOMS, SUCH AS BLOATING, CRAMPS AND DIARRHEA. THESE SYMPTOMS ARISE WHEN THE FRUCTOSE IS ALLOWED TO PASS THROUGH THE DIGESTIVE TRACT TO THE COLON, WHERE SOME BACTERIA CAN USE THE SUGAR AS A FOOD SOURCE. UNFORTUNATELY, IN THE PROCESS, HYDROGEN GAS IS LIBERATED.

WHAT OCCURS DURING THE EXAMINATION?

YOU WILL BE ASKED TO REPORT TO THE OFFICE FASTING, NOT HAVING EATEN FOR 12 HOURS. YOU WILL BLOW INTO AN INSTRUMENT AND YOUR BREATH WILL BE ANALYZED FOR HYDROGEN GAS. THEN, YOU WILL BE ASKED TO DRINK A CUP OF FRUCTOSE (WHICH IS THE SIMPLE SUGAR FOUND IN HONEY, MANY FRUITS, AND SOME SOFT DRINKS--AND IS ALSO ONE OF THE PRINCIPAL SWEETNERS IN THE WESTERN DIET) DISSOLVED IN WATER. BREATH TEST RESULTS WILL BE OBTAINED EVERY THIRTY (30) MINUTES FOR THREE HOURS.

ARE THERE ANY POSSIBLE COMPLICATIONS?

IF YOU HAVE THE FRUCTOSE MALDIGESTION, YOUR SYMPTOMS MAY BE BLOATING, CRAMPS, AND DIARRHEA. THESE SYMPTOMS ARISE WHEN THE FRUCTOSE IS ALLOWED TO PASS THROUGHT THE DIGESTIVE TRACT TO THE COLON.

WHAT TO EXPECT AFTER THE PROCEDURE.

SOME OF YOUR USUAL GAS, BLOATING, OR ABDOMINAL DISCOMFORT MAY OCCUR.

GERERAL INSTRUCTIONS:

1. DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT BEFORE THE PROCEDURE.
2. NO ESCORT IS REQUIRED BECAUSE THIS TEST DOESN'T USE ANESTHESIA.
3. WEAR COMFORTABLE CLOTHING; YOU WILL BE AT THE OFFICE FOR 3 TO 4 HOURS. WE DO HAVE A T.V. AND VCR IF YOU WOULD LIKE TO BRING A MOVIE TO WATCH WHILE YOU ARE HERE.
4. NO SMOKING OR TEETH BRUSHING THE MORNING OF THE EXAM.
5. NO MECHANICAL BOWEL CLEANSING OR ANITBIOTIC USE ONE MONTH PRIOR TO EXAM.
6. EAT A LOW LACTOSE, LOW CARBOHYDRATE, LOW FIBER DINNER AND AVOID ANY FRUIT THE DAY PRIOR TO THE EXAM.