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## Fructose Breath Test

### Patient Instructions:

- 1) Eat a low-fiber diet the day before testing.
- 2) You should fast for 12 hours, with no food and water except for the Coke to drink before testing.
- 3) You should not smoke, sleep, or exercise vigorously for at least ½ hour before, or at any time during the testing.
- 4) **Please do not** brush your teeth, use mouthwash, chew gum, eat mints before the test.
- 5) Hold off on taking any medications before the testing, you will be able to take them post-breath test.
- 6) If you have been on any recent antibiotic therapy, please make the office aware of such conditions, as they can affect the test.

**Three (3) hours prior to coming into the office, Drink a can (12oz) of Coca Cola (must be REGULAR Coke, not diet, not caffeine free, and no Pepsi/generic brand)**

\*\*\*This is a *time sensitive test*, please try to show up a few minutes earlier than the 3 hour mark for the test\*\*\*

Any questions feel free to give us a call, at: 978-429-2010.

Your fructose breath test appt: \_\_\_\_\_