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FRUCTOSE MALABSORPTION BREATH TEST

Patient Name: _____

Appointment: _____ at _____

What is a fructose breath test?

The fructose malabsorption breath test is used to help diagnose conditions in which the patient is unable to digest the sugar, which is in juice and soda. Since it may not be obvious as to how the test is done with breath samples, the principle will be explained briefly so you can understand the importance of following the instructions closely. People who have lost the ability to digest sugar (fructose) have a condition called fructose malabsorption. The sugar molecule remains in the intestine and is carried to the colon where bacteria there digest the fructose and release hydrogen. Some of the gases are reabsorbed into the blood stream and brought to the lungs where they are exhaled with gas leaving the lungs. Hydrogen and methane are normally not produced in the body except by bacterial action on intestinal contents, so small samples of air from the lungs are taken and analyzed at specific times after ingesting a standard dose of fructose. If the test gases are found to increase significantly, that information is used, along with the symptoms and other information obtained by your doctor during the examination, to confirm or reject a diagnosis of fructose malabsorption.

Preparation for test:

- 1) **DO NOT** eat high-fiber or slowly digesting foods the day before your test because they may still be present in the colon the next day. Such foods include bran, coarse breads, nuts, beans, and similar vegetables.
- 2) **DO NOT** eat or drink anything, including candy and gum, at least 12 hours prior to test.
- 3) **DO NOT** sleep nor exercise vigorously 1 hour before test.
- 4) **DO NOT** smoke for at least 1 hour before test.
- 5) Notify the doctor of any recent antibiotic treatment and/or runny diarrhea, since those conditions can affect the validity of the test.
- 6) You will be at the office for approximately 2 ½ to 3 hours.

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GASTROENTEROLOGY

GASTROINTESTINAL ENDOSCOPY

DISEASES OF THE LIVER