

GASTRO  
HEALTH



45B Discovery Way, Acton MA01720  
Phone: 978-429-2010 • Fax: 978-264-1936

MIDDLESEX  
DIGESTIVE  
& HEALTH  
ENDOSCOPY CENTER

45A Discovery Way, Acton MA01720  
Phone: 978-429-2000 • Fax: 978-264-1935

### **Fructose Breath Test Instructions**

1. Eat a low-fiber diet the day before testing
2. You should fast for 12 hours, with no food or 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, or eat mints before the test.
5. Hold off on taking any medications before testing. You will be able to take your medications after the test is over.
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 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 arrive 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 breath test is scheduled for:\_\_\_\_\_

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