



GASTROENTEROLOGY ASSOCIATES

Member of **Northwell Health Physician Partners**

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Fructose Breath Test Instructions (Long Test)

1. Please **do not** eat beans, bran, or other high fiber foods the day before the test. Eat a low dairy, low carbohydrate, low fiber dinner and avoid any fruit the day prior to the test.
2. Please **do not** have anything to eat or drink (including water) for 12 hours prior to the test.
3. **Do not** smoke, sleep, or exercise vigorously right before or anytime during the test.
4. **Do not** take any antibiotics **one month** prior to the test.

You will be in the office for approximately 3 hours

If you have any questions please contact your physician.

Appointment Date: _____