



**Carolina Digestive Diseases**

**& ENDOSCOPY CENTER**

Phillip J. Goldstein MD • Maurice Marcuard MD

## **Breath Hydrogen Test - Fructose**

You have been scheduled to have a fructose breath hydrogen test, which measures the amount of hydrogen in your breath. Increased hydrogen production indicates the inability of your body to digest fructose (fruit sugars).

You will be given a small dose of fructose to drink and you will breathe into a machine once every 30 minutes for 2-3 hours. This test is non-invasive and you will not have any restrictions on your activities afterwards.

**\*\*Nothing by mouth after midnight!**

**\*\*No smoking for 12 hours prior to test!**

**\*\*No antibiotics for 48 hours prior to test!**

Appointment Date: \_\_\_\_\_

Arrive at our office at \_\_\_\_\_

Please feel free to bring a book or other reading material!