



هارلي ستريت ميديكال سنتر
HARLEY STREET
MEDICAL CENTRE

Fructose Breath Test



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A: Marina Village, Villas No. A18 to A23

www.hsmc.ae



Harley Street Medical Centre

ت: ٣٩٩٩ ٢٦١٣ ٩٧١+

ص.ب: ٤١٤٧٥، أبو ظبي، الإمارات العربية المتحدة

ع: قرية المارينا، فلل رقم: A18 إلى A23

#HSMCAbuDhabi

Why does your physician order this test?

The test is used to detect fructose intolerance.

What is fructose intolerance?

Fructose intolerance is a hereditary condition and one of the most common causes of recurrent abdominal pain, bloating, and diarrhea.

How long does the test take?

The test takes three hours.

Will I feel any pain or discomfort?

You might feel minor discomfort from ingestion of fructose including diarrhea, gas, cramping or bloating.

How do I prepare for the test?

- **Do not** eat or drink anything 12 hours before the test.

- The day before you can eat the following:

- Plain white bread
- Plain white rice
- Plain white potatoes
- Baked or boiled chicken or fish
- Non-flavored black coffee or tea

Salt may be used to flavor your food.



- **Do not** eat the following:
 - Beans
 - Pasta
 - Meats (steaks)
 - Fiber or bran cereals or high fiber foods (whole grains)
 - Soda
 - Cola drinks
 - Butter or margarine
- **Do not** eat, drink, or chew gum or tobacco, smoke cigarettes, eat breath mints or candy before or during the test.
- **Do** take prescription medications with a small amount of water.
- **Do** brush your teeth before the test.