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## Short Protocol for the Fructose Malabsorption Test

### Patient Instructions and Pre-Conditions

1. You should **not have eaten slowly digesting foods like beans, bran or other high fiber cereals** the day before testing.
  2. You should **fast after midnight**, with no food and only water to drink before testing. The patient may brush their teeth the day of the test.
  3. You should **not smoke, sleep, or exercise vigorously** for at least  $\frac{1}{2}$  hour before, *or at any time during testing*.
  4. Please inform the doctor about any recent antibiotic therapy and/or recent or current **diarrhea**.
- ❖ Please **begin fasting after midnight, and take 12 oz of regular (not diet)Coke, Pepsi, or 7-Up three hours before the office visit.**