



Fructose Hydrogen Breath Test – Hotel Dieu Hospital

Why am I having this test?

- Your Doctor is concerned that you may be unable to digest the fruit sugar fructose.

How does this test work?

- Measuring the change in the amount of hydrogen and methane in your breath samples after you are given a fructose drink may tell your doctor if your body is unable to break down fructose in your food.

Is this a ‘Perfect Test’? No, your doctor still needs to interpret the results for each specific patient.

What will happen during the test?

- You will be asked to rinse your mouth with mouthwash.
- You will then be asked to blow through a mouthpiece into a small foil bag to collect a sample of your breath.
- You will be given a 25gm dose of fructose diluted in water, and then more breath samples will be collected over a period of 3 hours.
- During the test it will be necessary for you to stay awake. The hydrogen and methane levels in your breath samples will change if you fall asleep.

NOTE:

If you have diabetes, discuss with your doctor whether you should adjust your morning medication, as you will be fasting for up to 11 hours.

Please review and follow the set of instructions below:

2 days before the test

- Stop taking all antibiotics. Stop medications such as Lactulose, Imodium, Lomotil, Questran, Domperidone (Motilium), Metamucil, Prodiem, Senokot.
- Follow a diet that **avoids all foods containing fructose**. Eat a bland diet, refer to the list on the next page to know which foods to avoid, and which foods you are allowed to eat.

12 hours before the test

- Stop taking all non-prescription medications, ask about prescription medications at time of booking your appointment.
- Do not have anything more to eat.
- May drink **water only**.

On the day of your test

- You may brush your teeth before the appointment, but do not swallow any fluid.
- Do not smoke for at least 1 hour before the appointment.
- **The test will take 3 hours to complete.**
- You must not **eat** or **smoke** during the collection of the breath samples. **Water only** maybe consumed.
- After the test is completed, you may start taking your medications again, and may eat and drink normally after you leave.

Possible side effects

After swallowing the fructose drink, you might experience some gas buildup in your stomach, or some bloating. This should not last long. It could also trigger diarrhea. Please remember these symptoms and mention them to your Doctor when following up- this is almost as important as the test itself.

After the test

Contact your doctor's office and book a follow-up appointment to discuss the test results.

Restricted Fructose Diet (Follow for 2 days before your test)

This is not a comprehensive list. You should read labels to ensure products you are using do not contain fructose.

Foods to Avoid

- Fruit juices, Canned fruit, Dried Fruit
- Apples (all foods containing apples)
- Pears, prunes, grapes, watermelon
- Honey
- Broccoli, peas, mushrooms, artichoke, leeks, onions, tomatoes, sweet red peppers
- Wheat – pasta, couscous, wheat bread, cereals or processed foods with fructose on the label
- High fibre foods – beans, bran, cereal, multigrain/Flax bread, bagels, waffles, crepes, pancakes (as they take longer to digest)

Foods You Can Eat

- Low fructose fruits- avocados, bananas, pineapples, strawberries, lemons, limes, cantaloupe, mandarin oranges, cranberries
- Low fructose vegetables- asparagus, celery, cucumber, lettuce white potato, zucchini
- All meats
- Eggs
- Dairy (plain, unsweetened/ unflavoured)
- White bread, white rice, white potatoes
- Aspartame (Equal and NutraSweet), saccharin (Sweet'n Low), sucrose (table sugar)

Where do I go for this test?

This procedure is performed in the Gastroenterology (GI) Function Unit, 4th Floor, Room 473, Hotel Dieu Hospital. Please report to the Jeanne Mance 4 Registration Desk.

If you have any problems or questions, phone the GI Function Testing Unit at 613-544-3400 Ext 2417:

- Monday & Friday 8:00am to 12:00pm
- Tuesday, Wednesday and Thursday 8:00am to 2:00pm