



311 East 79th Street

New York, NY 10075

T: (212) 996-6633

F: (212) 996-6677

[contact@nyga.md](mailto:contact@nyga.md)

[www.nyga.md](http://www.nyga.md)

## Preparation for Fructose Intolerance Breath Test

1. Fast for 12 hours before the test. (You can only drink water and take all of your medications).
2. You should not smoke, sleep or exercise vigorously for at least 30 minutes prior to the test.
3. If you had any recent antibiotic therapy and/or recent or current diarrhea, make your physician aware of such conditions, since they can affect the test results.
4. **On the day of your test** Drink 12 ounces of regular (NOT diet) Coca Cola 3 hours prior to arriving at the office for your breath test.

**If you take daily medications for your heart, lungs, or blood pressure, take them as prescribed.**

**NO GUM OR MINTS THE DAY OF YOUR PROCEDURE**