GLUCOSE, LACTOSE, FRUCTOSE AND FRUCTAN TEST INSTRUCTIONS

- Please arrive 15 minutes before the test is to be done.
- Bring this with you to your appointment.
- If your doctor orders more than one breath test, they must be scheduled at least 2 days apart.

How long do the tests take?
- Glucose test takes 2 hours
- Lactose, Fructose and Fructan test each takes 3 hours

PREPARATION

- Take no antibiotics for 4 weeks before your study.
- Take no laxatives or stool softeners for one week before your study.
  (e.g. Colace, Milk of Magnesia, Ex-Lax)
- Take no bulk fiber laxatives for one week before your study.
  (e.g. Metamucil, Citrucel)
- Take no probiotics for 2 weeks before your study.
- You may use enemas and suppositories until 3 days before your study.

QUESTIONS? Call:

Procedure Scheduling
309-277-1129
(Mon–Fri 8am–5pm)

One Day Before Your Study

- You may take only the following foods and drinks:
  - plain white bread
  - plain white rice
  - plain white potatoes
  - baked or broiled fish or chicken
  - water
  - non-flavored black coffee or tea without milk or cream
- Only salt may be used to flavor your food.
- Butter or margarine is not permitted.
- Sodas/pop/soft drinks are not permitted.

12 Hours Before Your Study

- You may take your usual evening prescription medications with water. Do not take your morning prescription medications but **do bring them with you to your study**.
- Nothing to eat or drink 12 hours before your study (example: If your study is scheduled for 9:00 am you would stop eating and drinking at 9:00 pm)
- Do not eat or drink anything else. Doing so may result in cancellation of your study.

The Day of Your Study

- If you are diabetic and take insulin or diabetic pills, ask your doctor if you should change your dose.
- Do not eat, drink, chew gum or tobacco, smoke, use breath mints or candy before or during your study.
- Do not brush your teeth.
- Do not sleep or exercise during your breath test. We recommend you bring something to do with you such as a book to read, needlework, etc.
- You may return to your regular diet and activity after your study.