Short Protocol for the Fructose Malabsorption Test

The patient comes into the office complaining of gastric upset. Collect an alveolar sample with the HBT Sleuth and analyze the sample to establish that the patient has a hydrogen issue. If the HBT Sleuth breath test is greater than 5 ppm, continue with the fructose intolerance test after the patient has fasted.

Patient Instructions and Pre-Conditions

1. The patient should not have eaten slowly digesting foods like beans, bran or other high fiber cereals the day before testing.
2. The patient 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. The patient should not smoke, sleep, or exercise vigorously for at least ½ hour before, *or at any time during testing.*
4. Ask the patient about any recent antibiotic therapy and/or recent or current diarrhea. Make the physician aware of such conditions if they have occurred, since they can affect the test.

Patient Test Protocol

If the patient meets the pre-conditions for testing as outlined above, proceed with the following protocol:

Have patient fast after midnight, and take 12 oz of regular Coke, Pepsi, or 7-Up three hours before the office visit. An alveolar sample with the HBT Sleuth is collected and analyzed when the patient comes into the office.

The H_2 concentration in an alveolar air sample from a healthy patient who has fasted is normally less than 5 ppm. If the patient is a fructose malabsorber, the breath H_2 will be over 10 ppm following the ingestion of soda.

If the fructose intolerance test is negative, proceed with the lactose intolerance test, or the bacterial overgrowth test.