



GASTROENTEROLOGY INSTITUTE
of Southern California

The Trusted Choice for Advanced, Compassionate Care

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Lactose and Fructose Breath Test Instructions

Patient Instructions and Pre-Conditions

1. No slow **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. You may brush your teeth the day of the test.
3. You should **not smoke, sleep, or exercise vigorously** for at least ½ hour before, *or at any time during testing.*
4. You should inform the doctor about any recent antibiotic therapy and/or recent/current **diarrhea**.

Lactose:

Please **begin fasting after midnight, and take 12 oz of milk** (please make sure the milk is not lactose free, should be 2% milk or whole milk) **three hours before the office visit.**

Fructose:

Please **begin fasting after midnight, and take 12 oz of regular (not diet)Coke, Pepsi, or 7-Up three hours before the office visit.**