



Oakland
Gastroenterology
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MALABSORPTION TESTING

FRUCTOSE MALABSORPTION:

1. Do not eat slow digesting foods like beans, bran, or other high fiber cereals the day before testing.
2. **Fast for 12 hours prior to testing. NO FOOD.**
3. **DO NOT SMOKE OR EXERCISE** vigorously 12 hours prior to test.
4. Drink **12 oz. of regular Coke or Pepsi three (3) hours prior** to test. **Do not drink diet sodas.** No other food or drink prior to test.
5. Please bring this instruction sheet with you.

LACTOSE MALABSORPTION:

1. Do not eat slow digesting foods like beans, bran, or other high fiber cereals the day prior to testing.
2. **Fast for 12 hours prior to testing. NO FOOD.**
3. **DO NOT SMOKE OR EXERCISE** vigorously 12 hours prior to test.
4. Drink **12 oz of milk three (3) hours prior** to test. **WHOLE MILK ONLY.** No other food or drink permitted.
5. Please bring this instruction sheet with you.