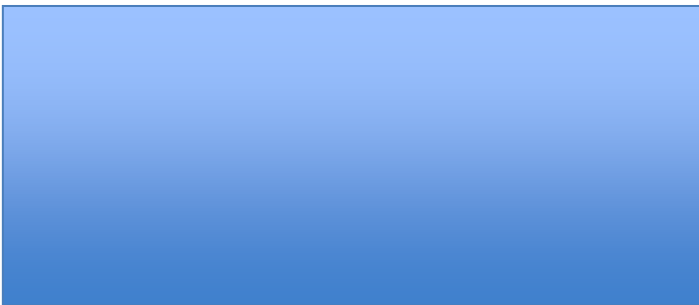


## **Fructose Tolerance Test (FTT) Consent Form**



### **Background Information:**

Fructose is absorbed via two mechanisms in the small bowel. The first major mechanism transports glucose in association with fructose across the gut wall. The second mechanism is dedicated to fructose alone and some people have low activity of the second transport mechanism. When fructose exceeds glucose intake in the diet these people cannot absorb the excess fructose in the small bowel and this sugar passes through to the large bowel where bacteria digest the fructose to short chain fatty acids (causing diarrhoea), carbon dioxide (gas, bloating, pain) and hydrogen.

### **Diagnosing Fructose Malabsorption**

A fructose tolerance breath test is a useful test that allows diagnosis of

- Malabsorption of the fructose in the small bowel
- Bacterial overgrowth in the small bowel

An oral load of fructose is given and samples of breath are taken at baseline and at intervals for 2 hours afterwards. Rested, fasting people exhale only small amounts of hydrogen in each breath. Bacteria digesting a large fructose load will cause a spike of hydrogen detectable in the breath. The time of the hydrogen spike indicates the part of the bowel loaded with bacteria. A small number of people (<10%) do not carry bacteria that produce hydrogen and will not be suitable for this test. These people exhale methane that can be detected at baseline. People who have had most of their large bowel removed are not suitable for this test.

### **Safety**

Overall the breath test is very safe. However, although only a small load of fructose is given during the test (25gm, equivalent to one glass of fruit juice), some people with malabsorption of fructose are very sensitive to the resultant production of gas in their bowel. It is not uncommon to notice abdominal rumbling, bloating, or nausea. Less commonly patients having breath tests notice abdominal pain, heartburn, belching, fatigue, dizziness and headache.

### **Consent**

I have read and understood the above and give my consent for the procedure:

.....Date:.....