EasySampler™ Fructose Intolerance Test

Your doctor has asked you to perform the Fructose Intolerance Breath Test.
If you have questions during the test please consult your physician.

BEFORE YOU START THE TEST

Please read all directions and familiarize yourself with the test procedures.
The test results will be useful only if the samples are properly collected.

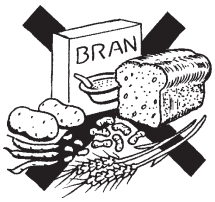
Do not insert your finger into the tube holder of the EasySampler at any time; it contains a sharp needle.

Do not loosen or remove the tops of the vacuum-sealed collection tubes; this will destroy the vacuum and make the tubes useless for this test.

KIT CONTENTS

- EasySampler™ with tube holder
- 4 - Vacuum-sealed collection tubes
- Labels for the collection tubes
- This Fructose Breath Test instruction sheet
- 25 gram packet of Fructose (powder)
- Box for return shipment to the laboratory

PREPARATION FOR THE TEST



On the day before the test, **do not** eat high fiber or slowly-digesting foods. Foods to avoid include: bran, coarse breads, nuts, beans and similar vegetables, and starches except for rice.

What you eat may interfere with the test, so it is important that for at least 12 hours before the test you eat **NO** food and have only water to drink.

Do not sleep or exercise vigorously for at least 1/2-hour before, or at any time during, the test. Do not smoke for at least 3/4-hour prior to or during the test.

Other Precautions: Some patients have severe allergies to Fructose. Be sure to consult the patient and physician regarding allergies and do not perform this test on a patient that has allergies to Fructose.

Notify your doctor or nurse if you have had any recent antibiotic treatment or runny diarrhea, since these conditions can also affect the test.

Test instructions located on other side of page.

QUINTRON
3712 West Pierce Street, Milwaukee, WI 53215
www.quintron-usa.com

***US Patent # 5,467,776**

QT02251 Rev C

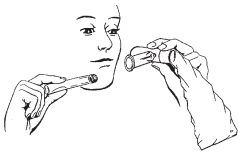
INSTRUCTIONS FOR DOING THE TEST

Getting Ready

Fill out each tube label provided, labeling each tube 1-4, use the LOT ID on the kit label when filling in the KIT ID section on the label. You will take samples in the order you mark the tubes. **Do NOT mix up the tubes when sampling or your results will be invalid.**

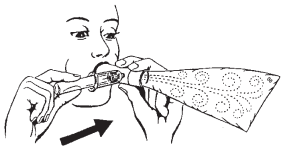
Doing the Test

The EasySampler™ device is pre-assembled and protected in a sealed plastic bag. Carefully remove the collection device from the bag. If you are under 100 lbs you must roll down the bag to your weight.



1. Hold the EasySampler™ in one hand and the test tube #1 in the other hand.

2. Take a normal breath, close your mouth around the mouthpiece and exhale normally.



3. As you exhale, the blue bag will be filled with air which will vent through the small opening at the end of the bag. Continue to exhale into the mouthpiece to keep the bag inflated and insert the test tube into the needle holder completely so that the stopper is punctured by the needle in the needle holder.

4. After 1-2 seconds, pull the test tube out of the tube holder and set it aside.
Keep the bag inflated until after the test tube is removed from the test tube holder.

5. If you weigh 50 lbs. or more, mix the entire packet of fructose in 6-8 ounces of water; you must finish drinking the contents within 3-5 minutes.

If you weigh under 50 lbs. consult your physician regarding the amount of fructose to ingest.

You may resume quiet activity, but do not eat, smoke, sleep or exercise vigorously for the next three hours.

6. After drinking the solution, wait one hour between each breath sample.

Collect each breath sample following steps 1-4, every hour for THREE HOURS.

Record the **date and time** the breath samples were collected on each tube.

7. Put the 4 test tubes in the bubble bag. Place the bubble bag, any paperwork and the EasySampler back in the cardboard container, and return to the laboratory for analysis immediately.

Breath samples must be returned/mailed within 3 days of collection.

The results will be forwarded to your doctor as soon as the samples are analyzed.