



DIET FOR DAY PRIOR TO SIBO, LACTOSE, AND FRUCTOSE TEST

No antibiotics and probiotics for 7 days prior.

Diet for 24 hours prior to your test.

The only foods that you can have on the prep diet are listed here. If it is not on this list **DO NOT** eat it.

- Any meat/poultry/fish/seafood that is not cured or brined
- Plain, steamed white rice
- Eggs
- Clear meat broth (made only from the meat, no bone/cartilage or vegetables)
- Fats/oils (coconut/olive/vegetable oils, butter or lard)
- Salt and pepper (no other herbs/spices)
- Weak black coffee and/or weak black tea (plain, no sweeteners or cream, no green or herbal teas)
- Plain water (no mineral water or water with additives)