



LACTOSE TOLERANCE TEST INSTRUCTIONS

PREPARATION:

1. Booking required.
2. No milk or dairy products for three days prior to the test.
3. Overnight fast, nothing to eat or drink (except water) for 10 hours prior to test (no longer than 14 hours as test results may be affected)
4. Smoking is not permitted during the performance of the test.
5. No current illness (e.g. infection) or stresses (e.g. recent surgery or trauma) that might invalidate the test.
6. Please inform pathology collector of any medications you are taking.

DURING TEST:

If at any time during the test you feel unwell please inform the pathology collector immediately.

We suggest you bring a book or other material to help pass the time

- The test requires approximately 2 ½ hours and it is requested you commence the test prior to 10:30 am.
- You are required to remain in the collection centre for the duration of the test.
- You must not smoke, eat or drink during the test.
- A blood sample will be collected prior to you drinking a measured dose of lactose.
- You will be requested to drink the measured dose of lactose in 10 minutes or less, please inform the pathology collector if you have any problem doing so.
- At 30 minutes you will have a second blood sample collected.
- At 1 hour you will have a third blood sample collected.
- At 1.5 hours you will have a fourth blood sample collected.
- At 2 hours you will have a fifth blood sample collected to complete the test.