

Gastroenterology & Hepatology Associates of Mid-Michigan PC
4230 Bay City Rd, Midland, MI 48642
989-839-0750

- Todd K Holtz M.D.
- Ernest Ofori-Darko M.D.
- Christina L Murphy D.O.
- Karen F Huang D.O.

LACTOSE TOLERANCE TEST

Patient Name _____

Appointment Date _____ Appointment Time _____

PATIENT PREPARATION

- No Colonoscopy or barium enema procedures 4 weeks prior
- Avoid high-fiber or slowly digested foods the day before the test. Such foods include beans, corn, bran, tofu, nuts, wheat, and rye breads
- Avoid laxatives, stool softeners, or bulking agents
- Avoid sleep or vigorous exercise for a least ½ hour before or at any time during the test
- Do not use this test if you are taking any **ORAL** broad-spectrum antibiotics or Pepto Bismol within 2 weeks prior to using this test
- Avoid chewing gum or smoke on the morning of the test

DO

- Fast overnight at least 8 hours before the test. This means that you may not eat or drink. Water is allowed up to 1 hour before the test.
- Notify your physician if you have had any recent antibiotic treatment or diarrhea as these may affect the validity of the test.

THE DAY OF THE TEST

You may brush your teeth

- The test will last approximately 3 hours.
- First you will be asked to blow into a special test tube.
- This is followed by drinking approximately 8 ounces of Lac-Tol.
- You will then blow into tubes every hour for three hours.
- You will not be able to eat or drink anything during the test.

Your test results will be available by calling the office one week from the date of the test.

If you have any questions please call our office at 989-839-0750