

Dale Coy, MD
Manish Bhuvra, MD
Dafna Gordon, MD
Amit Shah, MD
Chad Spangler, MD



Brant Lutsi, MD
Nicole Gentile, MD
Erin Micklinghoff, CNP
James Ferguson, CNP
Katie Akers, CNP

Patient Instructions for Lactose Malabsorption Test

You are being tested to see if you are intolerant to lactose. Lactose is a sugar found in dairy products. The condition is usually harmless but its symptoms can be very uncomfortable.

A deficiency of lactase, an enzyme produced in the small intestine, is responsible for lactose intolerance. If you are intolerant of lactose, your digestive system does not digest milk products well. The result of this intolerance is abdominal pain, diarrhea, and gas.

It is important to tell your doctor if you are taking any antibiotics or probiotics as these medicines can affect the test. You must be off antibiotics and probiotics at least 10 days before the test.

Testing Instructions

Avoid slowly digesting foods like beans, bran, or high fiber breads and cereals on the day before the test.

You must fast after midnight the day before the test. This means no food and only water to drink before the test. You may brush your teeth on the day of the test but spit out the toothpaste.

You **may not** smoke, sleep, or exercise vigorously for at least **½ hour** before the test.

On the day of the test:

Drink **12 oz** of whole, white milk **three hours** before the test.

When you come to the office a breath sample is collected and analyzed. The collection will take less than 5 minutes.

You will be instructed to take a deep breath of air, hold it for **5 seconds** and blow into the mouthpiece in a slow and steady manner until all of the air is out of your lungs.

You will be informed of the results of the test after your doctor has reviewed them.