

Instructions to Patients:

Your doctor may order these tests if you have signs of lactose intolerance. Your body creates glucose when lactose breaks down. The lactose tolerance blood test looks for the presence of glucose in your blood.

Pre-Test Preparation:

1. No milk or dairy products for 3 days prior to the test.
2. You are required to fast for eight hours prior to the test – which usually means an overnight fast.
3. You must have nothing to eat or drink. Water is acceptable, but NO soft drinks, tea, milk, coffee or fruit juices may be taken during the fast.
4. The maximum acceptable duration of a fast is sixteen hours – if the fast is longer than this, your referring doctor will be notified and consulted before the test is either rescheduled or carried out on the day.
5. NO SMOKING on the day of the test and until the test is completed.

Information:

- On arrival at our Collection Centre, a blood sample will be taken from you by one of our trained collecting staff.
- You will then be asked to drink a Lactose solution and several blood samples will be taken after you drink the lactose solution.

Please note that you will be required to remain in the Collection Centre for the duration of the test. We suggest you bring a book to read to help pass the time.

NOTE: You may have a feeling of abdominal bloating and perhaps diarrhoea before the test has been completed, this is not a dangerous reaction.