



Patient Instructions for the Lactose Malabsorption Test

Patient Instructions Before Test

1. You should not take any antibiotics or probiotics for at least **4 weeks** before the test.
2. Day before the test do not eat slowly digesting foods like **beans, bread, pasta, bran or high fiber cereals**.
3. You should fast **after midnight**, with no food and only water to drink before the test.
4. On the morning of the test brush your teeth or use mouthwash, but spit out the toothpaste or mouthwash.
5. Do **not smoke, sleep, or exercise vigorously** for at least 2 hours before the test.

Test Protocol

1. Drink 12 ounces of whole, white milk **three hours** before the office visit.
2. During the office visit a breath sample will be collected and analyzed.
3. The results will be given to your doctor. Please allow a few days for your doctor to interpret the results and contact you.