



## Patient Instructions for the Lactose Malabsorption Test

### Patient Instructions and Preconditions

1. The patient should **not have eaten slow-to-digest foods like beans, bran or other high fiber foods** the day before testing. Follow the diet provided.
2. The patient should fast **after midnight**, with no food or water before the test. The patient may brush his/her teeth the days of the test but spit out the toothpaste and rinse with water three hours before the test.
3. The patient should **not smoke, sleep or exercise vigorously** for at least one-half hour before the test.
4. Ask the patient about any recent antibiotic/probiotic therapy. Make the physician aware of the antibiotic/probiotic since it can affect the test. Patient should be off antibiotics at least 7 days before testing.

### 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.

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