

GREATER BOSTON GASTROENTEROLOGY

George Dickstein, MD

Steven N. Fine, MD

Andres D. Mogollon, MD

Jaime A. Oviedo, MD

Mark A. Painter, MD

Greta Taitelbaum, MD CM FRCP(C) FACP

Heidi Peters, RN/C-ANP

Phone: (508) 620-9200

Website: <http://www.greaterbostongi.com>

Facsimile: (508) 620-6483

LACTOSE INTOLERANCE TEST PREPARATION

You are scheduled for a Lactose Intolerance Test on:

_____ **at:** _____

Your doctor believes you might be having difficulty digesting and absorbing the milk sugar lactose. There is a simple and painless test which can be done to help determine how well you absorb sugar. It requires that some of the breath you breathe out be collected after you drink a solution of milk sugar and water. The breath will be analyzed for the presence of hydrogen, which is not usually found unless you cannot absorb the milk sugar which you have drunk.

PREPARATION for the test:

1. No food or liquids for at least 12 hours before the test. You may have water to drink.
2. No high-fiber or slowly digesting foods the day before the test. For example: bran, coarse breads, nuts, beans and similar vegetables.
3. No smoking at least 1/2 hour before the test.
4. No sleeping or vigorous exercising for at least one hour before, or during the test.
5. No antibiotics for 2 weeks prior to test.
6. Notify (or remind) the Doctor or Nurse Practitioner of any recent antibiotic treatment and/or runny diarrhea.

When you come in for the test, you will be asked to drink the sugar-water solution. Samples will then be taken of your exhaled breath at intervals. As comparison, a breath sample will be taken before you drink the solution. The procedure is simple and painless; it involves no needles. The entire test requires several samples taken over a period of about 3 hours. During this time, you may engage in quiet activity while waiting between samples. No food or liquids may be eaten during the test.