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## LACTOSE TOLERANCE TEST

Patient Name \_\_\_\_\_

Date \_\_\_\_\_ Time \_\_\_\_\_

### PATIENT PREPARATION

#### DO NOT:

- Eat a high-fiber or slowly digested foods the day before the test. Such foods include corn, bran, nuts, and beans.
- Sleep or exercise vigorously for a least ½ hour before or at any time during the test.
- Take antibiotics two weeks prior to the test.
- Chew gum or smoke on the morning of the test.

#### DO:

- Fast overnight at least 12 hours before the test. This means that you may not eat or drink. Water is allowed up to 1 hour before the test.
- Notify your physician if you have had any recent antibiotic treatment or diarrhea as these may affect the validity of the test.

### THE DAY OF THE TEST You may brush your teeth

- The test will last approximately 3 hours.
- First you will be asked to blow into a special test tube.
- This is followed by drinking approximately 8 ounces of Lac-Tol.
- You will then blow into tubes every hour for three hours.
- You will not be able to eat or drink anything during the test.

Your test results will be available by calling the office one week from the date of the test .

**If you have any questions please call our office at 989-839-0750.**

Thank you,