

Gastroenterology & Hepatology Associates of Mid-Michigan PC
4230 Bay City Rd, Midland MI 48642
989.839.0750

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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.

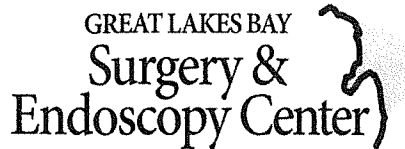
THE DAY OF THE TEST You may brush your teeth

- 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,



Dear Patient,

Your Doctor has scheduled you for a procedure at Great Lakes Bay Surgery and Endoscopy Center in Midland. We are located just west of US 10 on Bay City Road. Please find a map and driving directions on the reverse side of this letter.

1. **You are to bring your driver's license and insurance card, as well as, a responsible adult (18 or older) who must remain on site until you are discharged and will drive you home.**
 - Read and carefully follow any prep instructions that may be enclosed as a thorough prep is **VITAL** to a successful procedure.
 - The "Patient Rights and Responsibilities" booklet provides important information for your knowledge including the center's ownership, your rights and responsibilities as a patient, and information about Advanced Directives.

2. **Please complete your on-line medical history form - Simple Admit - as soon as possible or at least one week prior to your procedure.**
 - Go to our secure website: www.glbsurgery.com.
 - Follow the link in **Complete Your Medical History Now** box.
 - Enter this registration password: **GLBSEC222NEW** to begin.

It is important that we get this information ahead of time so that your anesthesia provider can plan your care. For questions call (989) 495-9100.

3. **Please call us at 989-495-9100 two (2) business days before your scheduled date to receive your arrival time for the procedure - call between 1:00pm and 3:00pm.**

Great Lakes Bay Surgery and Endoscopy is open Monday-Friday from 6:30 am - 4:30 pm. Our website provides additional information about our services - www.glbsurgery.com.

We appreciate the opportunity to partner with your physician to provide you with excellent care.

The Great Lakes Bay Surgery and Endoscopy Team

DIRECTIONS:

East (Bay City)

Take US-10 west to Bay City Rd. exit, turn left at W. Midland Rd. which turns into Bay City Rd.

West (Mt. Pleasant)

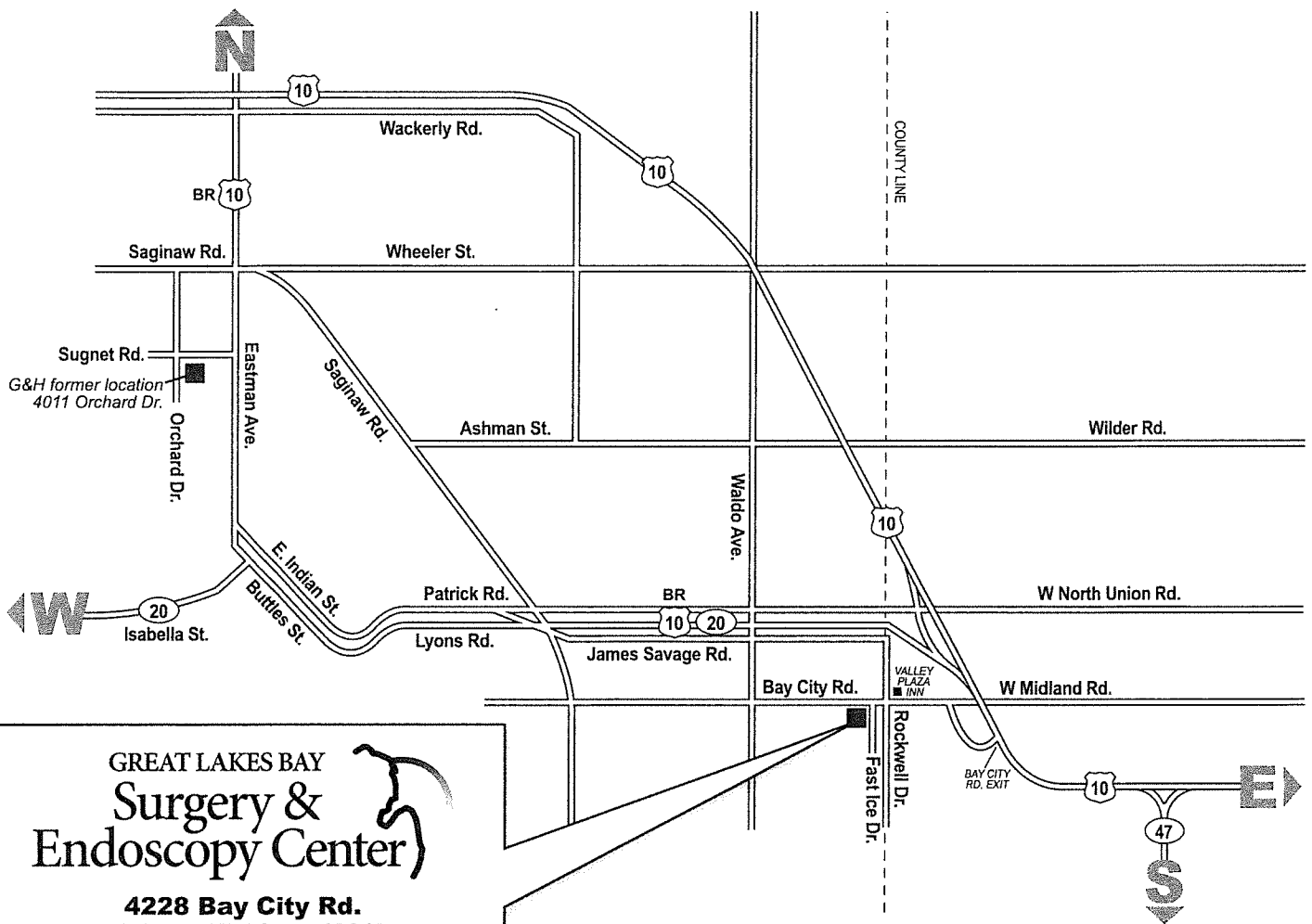
M-20 east, right at Buttles St./US-10 Business. Buttles St. turns into Lyons Rd. Continue to take US-10 Business east toward Bay City Rd. exit. Merge onto US-10 east, take Midland exit toward Bay City Rd. Turn left at W. Midland Rd. which turns into Bay City Rd.

South (Saginaw)

Take Midland Rd./M-47 north, exit onto US-10 west toward Midland, exit to Bay City Rd., turn left at W. Midland Rd. which turns into Bay City Rd.

North (Sanford)

US-10 east toward Bay City. Take Midland exit toward Bay City Rd. Turn left at W. Midland Rd. which turns into Bay City Rd.



GREAT LAKES BAY
Surgery & Endoscopy Center



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Midland, Michigan 48642
Phone 989.495.9100 • Fax 989.495.9150

