

How to Prepare	<p>Contact the laboratory at 1-877-868-6848 to book an appointment.</p> <ul style="list-style-type: none"> • The Lactose Tolerance test takes about 2 and a half hours. You must stay at the laboratory site for the entire time. • Have nothing to eat, chew, or drink other than small amounts of water for a minimum of 8 hours before your appointment. <ul style="list-style-type: none"> ○ Prescription medication is permitted. ○ Please do not book x-rays that use a barium drink on the same day before your fasting blood test.
Drink ingredients	<p>Lactose Monohydrate</p> <ul style="list-style-type: none"> • There is no flavoring or coloring
During the procedure	<ul style="list-style-type: none"> • You will have an initial blood specimen taken. • You will then be given a lactose drink that you will be encouraged to finish within 5 minutes. • You will then have other blood specimens taken at 30 minutes, 1 hour and 2 hours after you finish the drink. <p>IMPORTANT:</p> <ul style="list-style-type: none"> • You cannot leave the laboratory during the procedure. • You may NOT smoke, eat, chew or drink (except small amounts of water) during the test. • Notify the laboratory staff if you feel sick during the test. • You may use the washroom.
After the procedure	<ul style="list-style-type: none"> • You may resume normal diet and activities at the conclusion of the test.
Questions About Your Collection?	<p>Laboratory location, hours and contact information may be found at:</p> <ul style="list-style-type: none"> • www.albertaprecisionlabs.ca • Alberta Precision Laboratories at 1-877-868-6848 • Health Link Alberta at 811