



How to Prepare	<p>Contact the laboratory at 1-877-868-6848 to book an appointment. For patients under 23 kg (50 lb), be prepared to provide the patient's weight.</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 <p>Alternative drinks provided by the patient will not be accepted because they have not been validated by the laboratory.</p>
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 <u>cannot</u> 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