

Date: September 23, 2019
To: North Zone Physicians at *Bonnyville and Westlock only*
From: Alberta Public Laboratories
Re: Changes to the Lactose Tolerance Testing Reference Ranges

PLEASE POST OR DISTRIBUTE AS WIDELY AS APPROPRIATE

Key Message:

- Effective September 25th 2019, the reference range for the Lactose Tolerance test is changing as there will no longer be an “inconclusive” result.
- With the new reference range, the rise of blood glucose equal or greater than 1.1 mmol/L at any time post-lactose drink administration will not be supportive of lactase deficiency or malabsorption while rise in glucose of 1.0 mmol/L or less from baseline will suggest lactase deficiency or malabsorption.

Action Required:

- Please be aware of the changes in interpretative comments attached to the lactose tolerance test results

Inquiries and feedback may be directed to:

- Dr. Mireille Kattar, Consulting pathologist (Bonnyville) at Mireille.Kattar@albertapubliclabs.ca
- Dr. Kaila Crawford, Consulting pathologist (Westlock) at Kaila.Crawford@albertapubliclabs.ca

This bulletin has been reviewed and approved by:

Dr. Carolyn O'Hara, Interim Chief Medical Laboratory Officer, Alberta Public Laboratories (APL)
Carolyn.OHara@albertapubliclabs.ca