
Date: September 23, 2019
To: Central Zone Physicians, Laboratory Directors, Managers, Supervisors
From: Clinical Biochemistry, South Sector
Re: Changes to the Lactose Tolerance Testing

PLEASE POST OR DISTRIBUTE AS WIDELY AS APPROPRIATE

Key Message:

- Effective **September 25, 2019**, the lactose drink for Lactose Tolerance Testing will be provided by the performing laboratory. Patients will no longer obtain it from a pharmacy prior to visiting an APL patient service center.
- The reference range for the test will no longer indicate an “inconclusive” range.

Why this is Important:

- If the increase in blood glucose is equal to or greater than 1.1 mmol/L at any time after administration of the lactose drink, the result is normal and not supportive of lactase deficiency or malabsorption.
- If the increase is less than 1.1 mmol/L, the result is abnormal suggesting lactase deficiency or malabsorption.

Action Required:

- A pharmacy prescription for lactose drink is no longer required. Please instruct patients to book an appointment with APL for Lactose Tolerance Testing.

Background:

- The change in preparation of the lactose drink as well as reference range is a part of standardization of the processes within APL South Sector.

Inquiries and feedback may be directed to:

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